THE JERUSALEM POST
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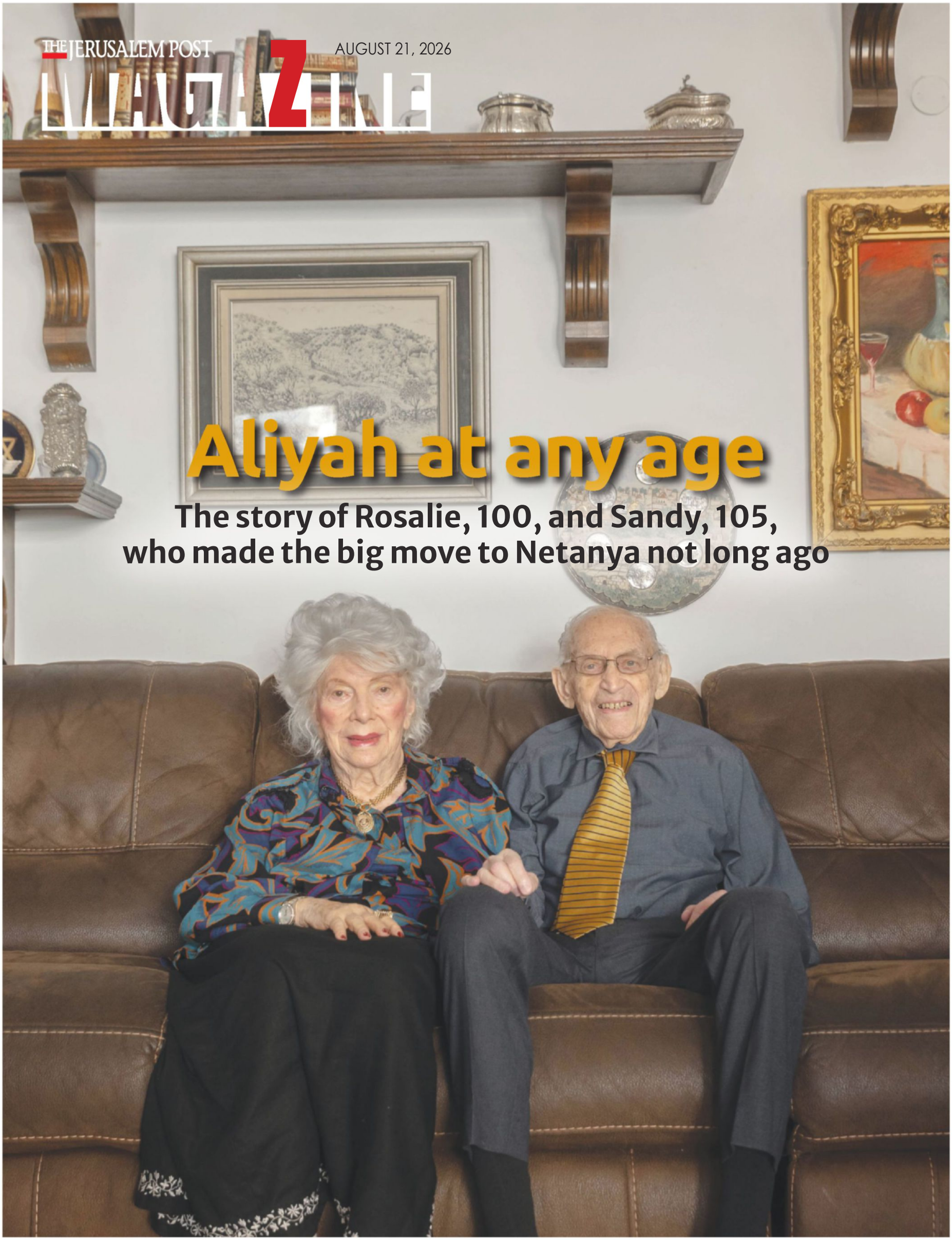
AUGUST 21, 2026

Aliyah at any age

The story of Rosalie, 100, and Sandy, 105, who made the big move to Netanya not long ago



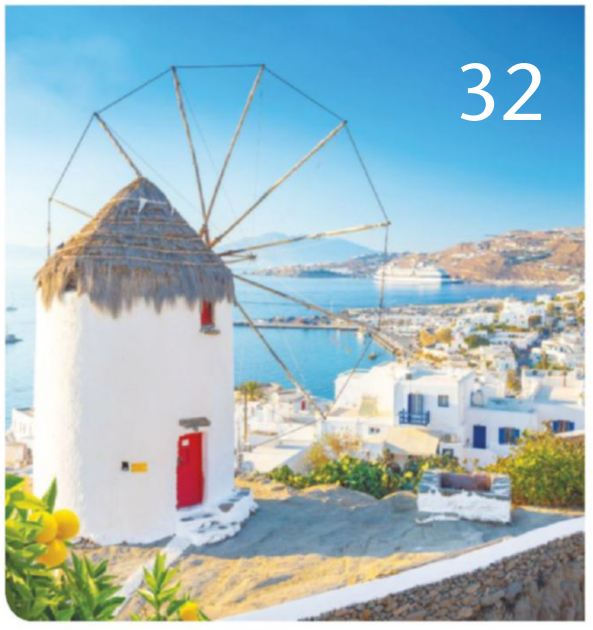


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PHOTO OF THE WEEK | **MARC ISRAEL SELLEM**

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When life touches you...

• DVORA WAYSMAN

Sometimes you read something, and it stays in your memory forever. I don't know how long ago I read it, but I have never forgotten two lines by Roger White:

"When life touches you
Poems appear like bruises."

Oh, how true!

For many decades, I gave workshops in creative writing. I taught students how to craft an article; how to approach an editor; how to get your book published; how to make a character come alive – but I never gave a workshop on writing poetry.

The reason? I could have taught rhyme. I could have taught verse. I could have explained about iambic pentameter – a line of verse of 10 syllables, with stress on every second syllable. I could have given them exercises to write in verse or in rhyme, but I could never have taught them to write poetry.

Why? Somerset Maugham was once asked how to write novels. He replied that there were seven rules – but nobody knew what they were. It's the same with poetry. A poem is a spontaneous burst of emotion; the words come unbidden, and break through all your controlled inhibitions. You never know when it's going to happen and what your reaction will be.

Words come unbidden, breaking through all your controlled inhibitions

Many, many years ago I visited London, where I lived from 1951-1953. I was 19. There, I fell in love for the first time, but we had to part because of our different religions and my parents' disapproval. At the time, it broke my heart; we had shared so many memories, and although unconsummated, we even had our own special song. Then, years later, I had a strange experience. The minute I got home, I took a pen and paper – I couldn't write the words fast enough:

"Nostalgia"
A woman in the street
Strummed a guitar
And suddenly I heard it ...
The melody
Lost for decades
Lost, but not forgotten –
The chords took me back
Across the years
To when we sang it together ...
Before all music stopped.

That is a poem – a burst of emotion. Not a carefully crafted verse. The words pour out unbidden. You don't think about rhyming, or analyzing your emotion. It just comes.

Such a poem was written by my late sister Bobbie, after the death of her beloved husband Ellis, after only three years of marriage:

"My Song"
Walking on the beach at dawn
I heard the mermaids' song
Softly for my ears alone
Carried on the sea spray
Mingling with my tears.

The darkness sighed and vanished
Blood red rose the sun
The mermaids' song is fading
And still I walk alone.

I walk into forever
Perhaps that's where you are
I feel that you watch over me
You are my guiding star.
(Roberta Rhine)

So, if you want to write a true poem, don't sit down and search for fancy words and rhymes. Wait until life touches you – and the poems appear like bruises. The words will be beautiful because they burst spontaneously from your heart. ■

dwaysman@gmail.com

20 years ago: August 21, 2006

Many feel UNIFIL – the United Nations Interim Force in Lebanon – was largely useless, failing to enforce UN Security Council Resolution 1701 or prevent Hezbollah's military buildup and cross-border rocket fire. Created in 1978, it is set to 'lose teeth,' with drawdown and complete withdrawal of app. 7,500 military and civilian personnel in 2027.

THE JERUSALEM POST

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MONDAY, AUGUST 21, 2006 ■ 27 AV 5766

Israel Navy blockade of Lebanon may go on for months

• By YAAKOV KATZ

Despite claims of a mounting humanitarian crisis in Lebanon, the navy is under orders to maintain a sea blockade until a multinational force completes its deployment in the south, a high-ranking naval officer told *The Jerusalem Post* Sunday.

The officer said the blockade could continue for another "several months" pending a decision by the diplomatic echelon and was in place with the goal of preventing transfer of arms to Hizbullah.

Defense Minister Amir Peretz said Sunday that Israel would continue to use all the means at its disposal to thwart attempts to smuggle weapons to Hizbullah.

"We plan to insist that issues such as the transfer of weapons from Syria to Lebanon be under supervision and that such transfers are thwarted," Peretz said before a meeting with Turkish Foreign Minister Abdullah Gul in Jerusalem.

"We will ensure that Hizbullah not be in a position to control southern Lebanon," Peretz added. He asked Gul to assist in preventing the transfer of weapons to Hizbullah by enforcing restrictions on planes carrying arms and flying over Turkey.

On Friday night, IDF commandos operated deep in Lebanon in the Bekaa Valley and thwarted an attempt to transfer weapons to Lebanon from Syria, the army said.

"I will not allow Hizbullah to return to the way it was before the war," Peretz said.

The sea blockade, the naval officer said, was successful and had achieved its goals. "The blockade was effective," he said. "The Lebanese economy is paralyzed and that was our goal."

The officer said the sea blockade inflicted heavy damage to the Lebanese economy and succeeded in pressuring the government to begin taking control of southern Lebanon. The

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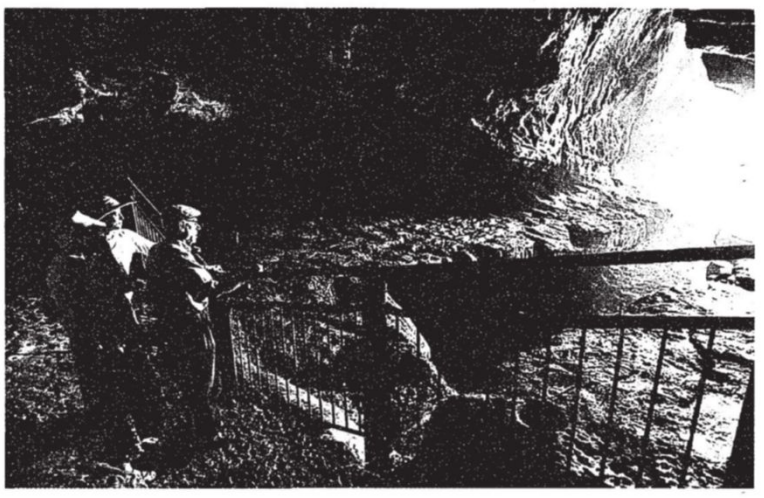

A SIGHT TO SEA

Tourists return on Sunday to Rosh Hanikra, the country's northernmost point on the Mediterranean at the Lebanese border. (AP)

Annan to give UNIFIL 'teeth'

Israel asks Italy to lead force instead of France

• By HERB KEINON

UN Secretary-General Kofi Annan is expected to recommend Monday that the rules of engagement of the enhanced UNIFIL force to be deployed in Lebanon include opening fire on Hizbullah where necessary, *The Jerusalem Post* has learned.

While UN Security Council Resolution 1701 mandated an enhanced UNIFIL force to help the Lebanese Army deploy south and along the border with Syria, it did not spell out the operational procedures of this force.

Israel has been pushing for the need for an effective force, arguing that one of the criteria would be the ability to open fire on Hizbullah if the force saw, for instance, Hizbullah launching rockets toward Israel. This matter came up at a meeting Foreign Minister Tzipi Livni held last week in New York with Annan.

Prime Minister Ehud Olmert, in a telephone conversation in the afternoon with Italian Prime Minister Romano Prodi on Sunday, said that Israel would like to see Italy lead the force, a change from the widespread expectation that France would be heading it up.

According to a statement issued from Olmert's office, the prime minister told Prodi that Israel viewed Italy's sending troops as "vital" to the implementation of the resolution and that this

See ANNAN, Page 5

Safed reemerges from the ruins

AFTER THE WAR

• By JASON SILBERMAN

Once a mecca for mystics and art lovers, its narrow alleyways exuding the spirit of the Kabbala that emerged from the city, Safed is slowly recovering from the effects of a month filled with the explosions of Katyusha rockets that shattered the landscape and routine of the quiet, Upper Galilee town.

According to the Safed Municipality, more than 600 rockets fell in Safed during the 32 days of war, with 70 overall casualties, including one fatality. About half of the city's 32,000 residents sought safer places of refuge.

With the ever-so-fragile cease-fire that went into effect last Monday, however, residents of Safed were slightly hopeful on Sunday for a return to some semblance of normalcy.

A sudden summer rainstorm washed away some of the dust and despair that had settled on the city at the height of the Katyusha rocket onslaught. Many of

See SAFED, Page 16

PM to appoint new panel to probe war

• By HERB KEINON

With public pressure mounting for the establishment of an independent committee of inquiry to look into the management of the war in Lebanon, Prime Minister Ehud Olmert told the cabinet Sunday he had discussed the matter with Attorney-General Menahem Mazuz and would inform the ministers within a few days of the type of committee to be set up.

It was not clear whether this would be a full-blown state commission of inquiry – like the one created following the

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Shahak inquiry could take months, Page 2

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קרסו נִיָה

‘Adio Kerida’: Thessaloniki’s lost Jewish world

THE HUMAN SPIRIT
BARBARA SOFER

I’m standing with my husband at the port in Thessaloniki, a vital commercial hub on the Aegean Sea connecting Southern Europe with the Balkans.

I’m thinking of the Jewish stevedores who once worked these docks, and of those who later made aliyah and helped haul cargo on the waterfronts of pre-state Israel. Men from this community were also among the Sonderkommando prisoners who revolted at Auschwitz-Birkenau and destroyed crematorium IV.

When a proposed flight of two hours and 20 minutes appeared on my computer screen from Sun d’Or, El Al’s subsidiary, I booked tickets for my husband and me.

I had long wanted to visit the city where the port once closed on Shabbat, and where Jews were both longshoremen and leaders in commercial development. I didn’t know much more than that.

I was about to learn a great deal.

First, the name.

The Jewish community used a shortened form, spelled either Salonika or Salonica, and referred to this pretty city on the sea as “*La Madre de Israel*,” the Mother of Israel, and the “Jerusalem of the Balkans.”

Thessaloniki is the older name, and it commemorates a woman. Thessalonike was the half-sister of Alexander the Great and the wife of Cassander, who founded the city in 315 BCE. According to Greek legend, after Thessalonike’s death she became a mermaid who appeared before passing ships and inquired if her brother Alexander was still alive. The sailors had to answer, “He lives and reigns and conquers the world.” If they answered incorrectly, she would metamorphose into a monster and sink their ships.

There are legends, too, that Jews arrived with King Cassander, but no one knows exactly when Jews first settled in Thessaloniki. The city’s Jewish Museum describes an ancient Romaniote community, traditionally dated to around 140 BCE. They spoke a Jewish form of Greek known as Yevanic. They were joined many centuries later by the more than 20,000 Jews expelled from Spain in 1492, and from Portugal several years later.

Spain’s loss was Thessaloniki’s gain. The intellectual and commercial talents of the Golden Age of Spanish Jewry enhanced the seaside city. The newcomers prospered in business, printing, scholarship, and the arts.

Eventually, Jews made up half the population, and Ladino became one of the city’s principal languages. The port, which the Jews expanded and where they served as merchants, brokers, and longshoremen, naturally closed on Shabbat.

As a capellophile, I shopped in a hat shop called Stamion, “established 1914.” I learned that the proprietors weren’t Jewish, but that previous generations of the family had spoken fluent Ladino because so many of their hat-wearing customers were Jews.

In 1917, a cooking fire spread and ravaged Thessaloniki. More than 70,000 people were left homeless, approximately 52,000 of them Sephardi Jews. Many Jews left for Paris, New York, and pre-state Israel. Experienced Jewish longshoremen from Salonika played an important role in developing the ports of Haifa and Tel Aviv.

The day of rest was changed to Sunday. The Jewish Museum documents the rise and fall of one of the world’s outstanding Jewish communities, and today’s Jewish community.

The museum’s ground floor is surprisingly dominated by recovered tombstones.

Until December 1942, an enormous Jewish cemetery containing hundreds of thousands of graves occupied the land on which the city’s Aristotle University now stands. Some graves dated back to the 15th century. Empowered by the Nazis who conquered Greece, municipal workers arrived with pickaxes to topple the graves and take the land. Marble was used for a swimming pool for German soldiers, for church renovations, for pavements, and for private courtyards. The Hebrew lettering was scratched away, or the stones were turned over.

Recovering the gravestones remains an ongoing process.

This reminded me, of course, of the devastation of the Jewish cemetery on the Mount of Olives between 1948 and 1967. I have often visited the grave of Hadassah founder Henrietta Szold, who died in 1945. Her headstone was used as road pavement. After the Six Day War, the cemetery caretaker found it and returned it to her grave.

AT THE Monastirioton Synagogue, which survived because it was used by the Red Cross during the German occupation, we were privileged to hear Elia Matalon, a retired surveyor and civil engineer, recount the history of the community through both public events and the experiences of his family and those of his wife, fellow guide Hella Kunio Matalon.

Long ago, on a tour of Auschwitz-Birkenau, I heard that Jews from Thessaloniki, known for their physical strength as longshoremen, were forced into the Sonderkommando units. These prisoners had the horrifying task of removing bodies from the gas chambers and bringing them to the crematoria.

I knew about the mighty Jewish boxer Salamo Arouch, a longshoreman about whom a movie was made. I had never understood how an entire community of more than 50,000 people, including so many tough, experienced port workers, could have been transported to Auschwitz with so little organized resistance.

Matalon explained how thoroughly the community had been deceived.

Hard as it is to imagine in today’s world of instant communication, the Jews of Thessaloniki didn’t know about the concentration camps and death camps of Poland. Using a modified strategy, the Germans initially avoided sealing them inside the kind of starvation ghettos found in Eastern Europe. The boundaries of the ghettos were porous. Matalon’s mother-in-law, then a schoolgirl, would leave in the afternoon to meet her non-Jewish Greek friends and return at night.

The Germans promoted the fiction of a “New Europe” in which unemployed and hungry Jews would supposedly find jobs, education, and abundant food in Poland.

Rabbi Zvi Koretz, the city’s chief rabbi, remains a contentious figure. He had been arrested by the Germans and imprisoned near Vienna before being returned to Thessaloniki. Matalon believes that Koretz came back a manipulated and manipulative man.

Koretz preached at the many city synagogues that the Jews should embrace relocation. The community was led to believe that families would travel together by train and be resettled together. Instead, they were forced into cattle cars, and it was too late to turn around.

More than 53,000 members of the Jewish community, out of a population of 56,000, were murdered.

Matalon’s mother-in-law came from a large family that had experienced an earlier confrontation with the Nazis. That experience led some family members to suspect that the promises of resettlement were a ruse. Even so, of the 23 members of the extended family, only his future in-laws and the daughter who would become his wife went into hiding. The others were murdered at Auschwitz.

“They felt it inconceivable that their entire community could be destroyed,” Matalon told us.

His own family survived because righteous gentiles hid them in Albania.

Later, walking through the port, my husband mused that perhaps we should not have come. Too many residents of Thessaloniki had been complicit. Too many had taken possession of Jewish apartments, shops, furnishings, and property. We had not understood the full scope of the tragedy that had befallen this magnificent Jewish community.

ELIA MATALON of Thessaloniki.
(Barbara Sofer)

Last year, we visited Chalkida, another Greek city, where non-Jewish residents helped save their Jews.

But then, we thought, staying away would leave its Jewish history even more invisible. How will we know if we don’t come and see?

In more recent years, Thessaloniki has begun acknowledging the Jews who contributed so much. Holocaust memorials have been erected, and signs identify Jewish contributions to the city’s commercial and architectural life.

Greece is making a huge investment in Israeli defensive technology. Our Uber driver praised Israel for objecting to the sale of advanced fighter planes to Turkey.

At the Monastirioton Synagogue, we heard Elia Matalon sing the popular Ladino song “*Adio Kerida*,” Goodbye, Beloved. It’s a haunting song of wounded love and departure. Matalon told us that Jews sang it to their city as they stood beside the railway tracks.

The beloved had betrayed them.

“I’ll go find another love. I hope there is a real love there,” the song proposes.

An estimated 55,000 descendants of Greek Jews live in Israel today, many of them with roots in Thessaloniki. ■

The writer is the Israel director of public relations at Hadassah, the Women’s Zionist Organization of America. Her latest book is A Daughter of Many Mothers*, cowritten with Holocaust survivor and premier English-language witness Rena Quint.*

The answer to destruction: Ki Tetze

• MICHAEL FREUND

Some prophetic verses comfort us by promising that a better future will come. Others tell us that bringing about that future requires something from us. This week's haftarah (Isaiah 54:1-10) does both.

Jerusalem has endured exile and loss, but Isaiah tells her not to look only at what has been destroyed. She must look ahead to what will be rebuilt.

"Enlarge the place of your tent and let the curtains of your dwellings stretch forth; do not hold back. Lengthen your cords and strengthen your stakes. For you shall spread out to the right and to the left; your descendants shall inherit nations, and they shall settle desolate cities" (Isaiah 54:2-3).

It is a powerful image of confidence in the future. Jerusalem is told to prepare for growth because her children will return, her population will increase, and places that had been desolate will once again be filled with life.

Kol HaTor, a mystical volume by Rabbi Hillel Rivlin (1757-1838) which records the Vilna Gaon's teachings concerning the process of redemption, sees in this verse something more than a promise about the future.

The word *harchivi*, enlarge, points to the concept of *harchavah* – expansion. The rebuilding of Jerusalem, the settlement of Eretz Yisrael, and the ingathering of the Jewish people are not matters that require Jews simply to wait for Divine intervention. They require human effort as part of the redemptive process. Hence the haftarah's command: *Harchivi m'kom ohaleich* – "Enlarge the place of your tent."

But *Kol HaTor* makes another fascinating observation.

The Hebrew word *harchavah*, expansion, contains the same letters as *hachravah*, destruction, only arranged differently.

Perhaps that is precisely Isaiah's message to a people emerging from ruin. The response to *hachravah* is *harchavah*.

When Jewish life has been destroyed, we rebuild it. When Jewish communities have been emptied, we refill them. When the land has been left desolate, we cultivate it once again.

That has been the pattern of Jewish history.

Enemies have repeatedly sought to uproot us, disperse us and erase what previous generations had built. Yet the Jewish response has never been merely to survive. Again and again, Jews rebuilt schools and synagogues, communities and institutions, families and centers of Torah learning.

NOWHERE IS that more visible than in Eretz Yisrael. For centuries, much of the land lay neglected while the Jewish people remained scattered across the globe. Yet the prophets insisted that the exile would end and that the children of Israel would return.

Isaiah does not describe that return passively.

Look carefully at the language of the verse:

Harchivi – enlarge. *Al tachsochi* – do not hold back. *Ha'arichi* – lengthen. *Chazeiki* – strengthen.

Each word is a call to action.

Jerusalem is told not simply to believe that her children will return, but to make room for them.

That idea has particular meaning for our generation.

We have been privileged to witness something that generations of Jews could only dream about. Millions of Jews have returned to *Eretz Yisrael*. Jerusalem has been rebuilt, and once-barren places are now filled with homes, schools, synagogues, and Jewish communities.

But Isaiah does not tell Jerusalem merely to preserve what has already been built. He tells her to make the tent larger.

There are still Jews to bring home, communities to strengthen, and parts of the land to build. The process that Isaiah describes is not finished, and neither is our role in it.

That may be the deeper significance of the wordplay cited by *Kol HaTor*. Jewish history is not merely a story of surviving destruction, but of answering it through renewed growth.

Isaiah's message was one of consolation, but also of responsibility.

The answer to *hachravah* is *harchavah*. When others destroy, Jews rebuild.

And when we rebuild, we do not merely restore what was lost. We make it greater than before. ■

The writer served as deputy communications director under Prime Minister Benjamin Netanyahu.

CROSSROADS

Back in the Spotlight: Crossroads Theater Shed and Jerusalem's Young Playwrights

CROSSROADS THEATER SHED

Jerusalem's teens and young adults return to the spotlight this summer as actors, playwrights, directors, and comedians at Crossroads Theater Shed's 11th Young Playwrights' Festival, held at the Khan Theater on August 26-27.

The two-night festival showcases five original short plays by Crossroads' young playwrights – three of whom are first-timers – along with original sketch comedy and fast-paced, interactive improv. Months of preparation culminate in an engaging evening.

Under the guidance of artistic director Art Feinglass and assistant director Eitan Konstantyn, participants learn a full range of theater-making skills, including scriptwriting, acting technique, directing, costume and prop design, and stage lighting and sound.

What sets Crossroads Theater Shed apart is its emphasis on empowerment and leadership, placing young playwrights and performers at the heart of the creative process. Now in its 11th year, the program has showcased 59 original short plays – funny, thoughtful, and deeply relatable. Performers also share reflections on their creative journeys, making each night a shared experience.

Theater lovers, supporters of youth creativity, and anyone seeking a memorable night out in Jerusalem will find this festival unforgettable. ■

This article was written in cooperation with Crossroads Theater

Performances: August 26 & 27 \\ **Venue:** Khan Theater, Jerusalem

Tickets: https://www.khan.co.il/events/613/Young-Playwrights-Festival or call 02-630-3600

SANDY & ROSALIE, at home: 'If not now, when?' (Photos: Courtesy the family)

Aliyah has no age limit

The story of Sandy, 105, and Rosalie, 100 – celebrating their 79th wedding anniversary

Says Rosalie of first dating Sandy, 'I could tell in a minute that he was flipping out over me'

• ALAN ROSENBAUM

At first glance, the basic story of Sandy and Rosalie Goldstein's aliyah seems unremarkable, and not much different than the typical aliyah experience. The retired couple made aliyah from Englewood, New Jersey, in March 2023 and settled in Netanya, near their daughter, where they enjoy spending time with their family in Israel.

However, upon closer examination, the tale becomes far more compelling. That's because Sandy will be celebrating his 105th birthday next week, and 100-year-old Rosalie will be blowing out 101 candles in January. One more impressive statistic: The couple will be observing their 79th wedding anniversary next month.

Sitting in their apartment on a sweltering summer afternoon, bowed by old age but not broken, Sandy and Rosalie tell the story of their lives, their aliyah, their thoughts about Israel, and their wishes for the future.

SANDY AND ROSALIE GOLDSTEIN
FROM ENGLEWOOD, NEW JERSEY
TO NETANYA, 2023

Though it's nearly 35 degrees Celsius outside, their apartment is quite cool, and they both wear warm clothes to ward off the air-conditioning chill. Sandy wears a white textured crew-neck sweater, and Rosalie wears a cream-colored jacket with red embroidered trim over a red-and-black patterned blouse. Her nails are painted red to match her blouse, and she wears several rings, a bracelet, and a watch.

Sandy sits at the head of the table, Rosalie is to his left, and I sit close to his right because he has hearing issues. I speak slowly and clearly.

Born in 1921 in Fall River, Massachusetts, Sandy's parents moved to the Borough Park neighborhood of Brooklyn when he was a child. His parents operated a dry cleaning and tailoring store. Sandy's mother was a talented seamstress, and his father ran the cleaning operation.

As an enterprising 12-year-old, Sandy sold copies of the *Saturday Evening Post* to commuters leaving the subway station for 10 cents, making two cents profit on each copy.

Later, he worked in his parents' business, riding his bicycle to deliver clothes to clients and collect payment.

Sandy attended City College in New York and studied accounting. On a lark, he took a civil service exam to qualify to work in the federal government. On December 7, 1941, the Empire of Japan attacked the US Pacific Fleet that was stationed at Pearl Harbor in Oahu, Hawaii, bringing the US into World War II.

"All of a sudden after Pearl Harbor," he recalls, "I would get telegrams every day saying that I was needed in Washington."

Evidently, Sandy had scored high enough on the civil service exam to qualify for government work. He came to Washington and worked for the War Department for a year, handling accounting and vouchers. After the first year, the department was decentralized, and he returned to New York, working for the War Department there until the Japanese surrendered on August 15, 1945.

Sandy returned to City College, graduating with a degree in accounting, and becoming a CPA.

On Thanksgiving of 1947, Rosalie Aron, a Brooklyn native, was invited by her girlfriend to dinner, then went with her to a dance at the local synagogue. "I said to my girlfriend, 'I'm looking for the tallest man here, because they were all shrimps.' Sandy came with his friends, and he said that he was looking for the tallest girl there."

The lanky Sandy invited Rosalie – the taller of the two friends – to go on a date with him. "We hit it off. Everything was smooth and likable," recalls Sandy. Says Rosalie, "I could tell in a minute that he was flipping out over me."

After their wedding in 1948, Rosalie worked briefly as a typist before becoming a stay-at-home mom. Looking at their wedding photos, Rosalie says with a smile, "I didn't have a gray hair on my head." The couple had three children – two girls and a boy – and were not fully Jewishly observant at the time.

Throughout his life, Sandy dedicated himself to community and Jewish causes, including many years of activism on behalf of Soviet Jewry, working for the freedom and emigration of Jews behind the Iron Curtain.

When their youngest child, Risa, became interested in Torah observance and joined NCSY, the National Conference of Synagogue Youth, the Jewish youth group sponsored by the Orthodox Union, Sandy and Rosalie followed suit and became more involved in religious practice.

After graduating high school, Risa spent a year in Israel studying at Neve Yerushalayim seminary, and her parents visited. Though it wasn't their first trip to the country, this visit made a deep impression on them.

'If not now, when?'

Some 10 years earlier, when the couple was in their 40s, they had actually considered aliyah and met with aliyah officials. "They were looking for CPAs to move to Israel, and we said that this was our opportunity. They interviewed us, and they asked him how old he was. He said he was 40, and they said that he was too old for aliyah," Rosalie says, with a trace of irony in her voice.

Risa moved to Israel in 1995 and then returned to the US, making aliyah a second time in 2008.

Sandy and Rosalie lived in Englewood, NJ, near their older daughter. They both became ill with COVID-19 and were treated in a rehabilitation center. When they were released, the family decided it was time for them to move to Israel. As Risa says, "If not now, when?"

Rosalie adds, "There was always something that stopped us earlier. But when we thought the time was now, we retook it."

RESPLENDENT ON their wedding day, 79 years ago.

WALKING DAUGHTER Risa down the aisle.

The secret of their long, successful marriage? Notes Sandy, 'Talking about everything, and compromise'

Risa returned to the US in February 2023, helped her parents pack, and brought them to Israel on March 1 of that year. Rosalie was 97, and Sandy was 102. Risa had just relocated to Netanya, and her parents moved in with her until she remarried a year ago and settled nearby with her husband, Raymond Chazan.

Word had spread in Netanya that the elderly couple had made aliyah, and neighbors held an impromptu celebration in front of their building. "They had a big party, with singing and dancing, and I didn't even know these people, and they didn't know me. I was really overwhelmed with the reception," says Rosalie.

In their family's embrace

Since moving to Israel, Rosalie and Sandy have visitors on an almost daily basis – whether it is people from the neighborhood or one of their five grandchildren or 13 great-grandchildren. Sandy, an avid chess player for most of his 105 years, enjoys playing the game with his grandchildren and great-grandchildren.

"Moving at 97 and 102 was a massive leap," Rosalie admits. "In truth, staying in our comfort zone made us procrastinate aliyah for a long time, but necessity pushed us to make the best decision of our lives. If we hadn't taken that step, we would have missed the incredible joy of being surrounded by our extended family, including 13 great-grandchildren."

Since their aliyah, Sandy and Rosalie have participated in numerous family events, including their daughter Risa's remarriage last year, the brit milah (circumcision) of a great-grandson, at which Sandy was the *sandak* (godfather), and bar and bat mitzvahs.

"It's amazing," says Rosalie. "I didn't know most of my great-grandchildren. And now they come, they kiss me, and they hug me, and they say, 'I missed you.'" Fortunately, she adds, they all speak English.

Sandy is not much of a Hebrew speaker but has read the Bible many times in English.

"I recommend that everyone read it carefully," he shares. He is particularly emphatic about God's promise to the Jewish people that he would give them the Land of Israel. "In the first part of the Bible, God tells Abraham to go to Israel, and all of it will be yours. That's the important point: all. Not 82%, not part here, part there, but all of it. And He said the same message to Isaac and Jacob."

Longevity, life

On August 28, Sandy will celebrate his 105th birthday with a helping of his favorite flavor of ice cream – chocolate. He attributes his longevity to steady consumption of blueberries and yogurt, maintaining a balanced diet, and following his doctor's instructions.

Rosalie, no slouch herself at age 100, when asked for the secret of her long life, looks at her husband and says, "I hang with him."

What is the secret of their long and successful marriage? "I gave in to you all the time," Rosalie says to Sandy, with a gentle smile. Sandy adds, "The secret is to talk about everything, and to compromise."

Recalling his years of advocacy for Soviet Jews, Sandy comments, "I could have spent time as an accountant picking up clients and making money, but I chose not to. I chose to help Jews."

Having lived through the Depression, World War II, the establishment of the State of Israel – "I heard it on the radio,"

says Rosalie – and Oct. 7, the Goldsteins are happy to be home in Israel.

"It can be frightening at times," she admits, "but it's better than the alternative. The alternative was to stay. In America, there is more antisemitism growing every day. Here, we have fighters fighting for us on our behalf."

Sandy is a bit more feisty and insists that Israel must eliminate Hamas and the PLO. "It's about time and total victory. This is what we need." At the age of 105, Sandy remains engaged and optimistic, and says, "You can't pray and hope you'll keep alive. You've got to fight first, and then pray."

Rosalie also remains optimistic but is a bit more placid, saying, "Thank God, I feel pretty good. Not perfect, but pretty good. Over a century, you face many changes and challenges. Learning about tradition, running a kosher home, and welcoming friends into our home as a homemaker helped me grow, believe in myself, and pass those values to my children."

As our hour-long visit comes to a close, I ask Rosalie and Sandy what message they most want to pass on to their descendants. "Never give up," says Sandy. "Set a high goal and work for it. If you need tutors, get tutors. If you need help, get help. Persist.

"I have always said, 'The best helping hand is at the end of your own arm.' Throughout my life – from working hard as a CPA to advocating for Soviet Jewry – I learned that real accomplishment requires personal initiative and hard work. Goals are worth pursuing no matter how long they take. If something matters to you, keep striving for it – even if it takes a lifetime."

WITH EXTENDED FAMILY, which includes 13 great-grandchildren.

To the Jewish community around the world, he adds, "Jews are one. Reform, Conservative, or Orthodox. We should all strive to help one another, and it's time to come home to Israel."

And what would they say to an older person who thinks that it's too late to make a change in life and make aliyah? Reflects Rosalie, "If you're well enough to get on a plane, come." ■

Aliyah after 65: Resources for retirees

Not everyone needs to wait until they become centenarians to make aliyah.

Retirees aged 65 and up are a significant minority of new immigrants to Israel. In 2025, 548 retirees made aliyah from North America with Nefesh B'Nefesh – more than 13% of the year's 4,150 *olim* and substantially more than the 332 retirees who arrived during the pandemic year of 2020.

Miriam Naiman, senior liaison and special needs guidance manager, Post Aliyah & Advocacy Division for Nefesh B'Nefesh, says that the organization is seeing significant growth in the senior olim population, as more parents choose to make aliyah and reunite with their children and grandchildren in Israel.

Many older people are making aliyah while they are still independent, active, and able to make important decisions about how and where they want to build their lives in Israel. Senior olim choose a variety of living arrangements, from their own apartments to independent and assisted-living communities.

Making aliyah at this stage of life brings a distinct set of challenges, says Naiman, particularly around healthcare, community integration, and navigating Israel's increasingly digital systems.

Naiman points out that leaving behind a familiar medical system, where individuals know their doctors, understand their coverage, and have established ways of managing their health, and entering an entirely new system can be daunting and overwhelming.

Nefesh B'Nefesh can help senior olim understand Israel's healthcare landscape, learn how to advocate for themselves, and develop the knowledge and tools they need to navigate the system with greater confidence and independence.

Another growing area of support is digital literacy. Many essential aspects of everyday life in Israel, from healthcare and transportation to banking, government services, and translation, require the use of websites and mobile applications.

Every quarter, Nefesh B'Nefesh offers "Tech Made Simple," a gathering where senior olim can become more familiar with these tools and receive individualized assistance navigating the apps and online services they need in daily life.

Readers interested in more information about services that Nefesh B'Nefesh offers retirees should visit nbn.org.il or call (02) 659-5800.

Organizations & resources for retirees

B'Lev Shalem

Offers personalized senior care management and advocacy in Israel.

www.blevshalem.com;
info@blevshalem.com; (02) 631-6181

Melabev

Provides community services for individuals living with various forms of dementia.

melabev.org.il/
en; melabev@melabev.org;
(02) 650-7113

OU Israel

The OU Israel Center in Jerusalem at 22 Keren Hayesod Street offers a wide range of activities and events for active retirees and new immigrants, including lectures, programs, Torah classes, volunteer activities, and community engagement.

OUIsrael.org; info@ouisrael.org;
(02) 560-9100

AACI

The Association of Americans & Canadians in Israel Seniors Division has branches in every major city in Israel. It features special interest groups of all sorts: choral groups, handicrafts, drama clubs, folk dancing, exercises, Yiddish speakers, etc.

aaci.org.il; info@aaci.org.il;
(02) 566-1181

ESRA

Offers social and cultural activities, volunteering opportunities, personal support, and practical assistance with integration. It has branches and activities throughout Israel.

esra.org.il; herzliyaoffice@esra.org.il;
(09) 950-8371

Government benefits

Retirees are eligible for a Senior Citizens Certificate (received by men over the age of 66 and 4 months and women over the age of 61 and 4 months). This certificate provides a variety of discounts and benefits on public transportation, parks, concerts and plays, and other services.

www.gov.il/en/service/
senior_citizen_idcard – *A.R.*

Living better for longer: What might work for you?

Experts weigh in on diet and exercise to promote longevity

• KEREN PREISKEL

Most people want to live for as long as possible while also remaining healthy.

Longevity, which refers not only to the number of years a person lives but also to the number of years they stay healthy and active, is an increasingly important and popular topic today.

This phenomenon has also reached Israel, where fitness and nutrition professionals focus on helping people stay as healthy as possible in body and mind for as long as possible.

One such professional is Ruty Fiszon, a nutritionist, running coach, and personal trainer based in Jerusalem.

She started getting into nutrition and fitness almost 16 years ago, after the birth of her second child, as she had a difficult pregnancy, birth, and recovery period, and started looking for ways to heal herself. She changed her nutrition and began exercising, which led her to study nutrition and fitness so she could help others.

Today, Ruty has four different running groups in Jerusalem and works with private groups and in one-on-one sessions. Her niche is working with women over 40, although she also offers classes and running groups for girls.

While her exercise classes are solely for women, she also provides nutritional advice to men and offers online Zoom workshops and group sessions several times a year.

Ruty recommends starting the day by drinking water or herbal tea. Coffee drinkers should wait an hour after waking up to drink their first cup of coffee, and should drink coffee no later than six hours before bedtime (something that would definitely be a challenge for me!). She also recommends sitting outside in the sun for 20 minutes in the morning, if possible, including in the winter, as even in Israel, where the sun shines the majority of the year, people are often Vitamin D deficient.

Ruty emphasizes the importance of not skipping breakfast, as it is the most important meal of the day (I was pleased to receive confirmation of this, as I can't function without a cup of coffee and breakfast); of limiting processed food; and of eating 25-30 grams of protein per meal. In addition, she said fats shouldn't be avoided, as they are an essential part of our diet, but should come from healthy sources such as olive oil, nuts, seeds, avocado, and fish.

RUTY FISZON, out for a run. (Pascale Avital)

Alongside the importance of maintaining a healthy diet, Ruty stressed the importance of exercise, with a focus on bone strength and running, particularly for women as they get older, stating that "women often focus on eating less as they get older, when in reality they need to focus on eating better – more protein, more resistance training, and enough calories to preserve muscle and bone."

RA'ANANA-BASED Adam Ezekiel is a certified sports nutritionist and the founder of Soul Active, an online fitness community designed to help build lifelong health through six 15-minute workouts each week.

Adam has a degree in kinesiology (exercise science) from Canada and has been coaching people for 17 years. Alongside his online sessions, Adam also provides one-on-one sessions for clients – primarily CEOs, entrepreneurs, and business professionals – and small-group training.

He suffered from chronic back pain for 12 years, which led to him looking for ways to cure his pain. He started stretching and getting fit, which thankfully made his back pain disappear.

Adam's fitness would once again stand him in good stead when, in July 2024, while on a tour of the West Bank, he was shot at a lookout point over Nablus. All of a sudden, he felt an intense pain soaring through the right side of his body and thought he might be having a heart attack or a stroke, until it dawned on him that he had been shot.

The doctors told Adam that it would be too dangerous to remove the bullet, which was approximately a millimeter from his lungs, as this could risk damaging his nerves, and that his fitness and his chest muscle had prevented the bullet from penetrating his lung and doing further damage.

The experience of being shot fundamentally changed Adam's view of health and made him realize that while no one knows how long they will be on this earth, they can influence how healthy, strong, and capable they will be.

This sharpened his sense of purpose in helping people build bodies that allow them to live full, meaningful, and enjoyable lives for as long as possible.

In Adam's opinion, one of the biggest misconceptions about longevity is that it is just about living longer, whereas Adam firmly believes that longevity is about living longer while remaining healthy, independent, energetic, and capable, and that health span, rather than lifespan, is the ultimate goal.

Adam stressed that sleep is the most important foundation, as this is when the body repairs tissues, regulates hormones, strengthens the immune system, and supports recovery from exercise.

Adam recommends that every adult should aim for seven to nine hours of sleep a night, a number that fills me – and I imagine many other adults – with dread. (Sadly, I don't sleep anywhere near this number of hours, and this is definitely the issue that I struggle with most – an issue that has not been helped by two bouts of war with Iran during the last year and frequent missile alerts at all hours of the day and night.)

Regarding nutrition, Adam recommends that the majority of our diets come from foods that are as close to

ADAM EZEKIEL works his biceps – and triceps. (John Jeffay)

Adam Ezekiel poetically encourages us to 'eat the rainbow'

their natural form as possible, with a focus on vegetables, fruit, healthy fats, and protein, with the latter being especially important as we age, as it helps preserve muscle mass, which is linked to independence, metabolic health, and reduced frailty.

Adam poetically said he encourages people to eat the rainbow, focusing on eating as many different colored fruits and vegetables as possible, to absorb as many vitamins, minerals, and types of fiber as possible, while reducing ultra-processed foods and sugar-sweetened beverages to an occasional treat rather than a daily staple.

He stressed that the purpose of exercising is not solely to build muscle or to lose weight.

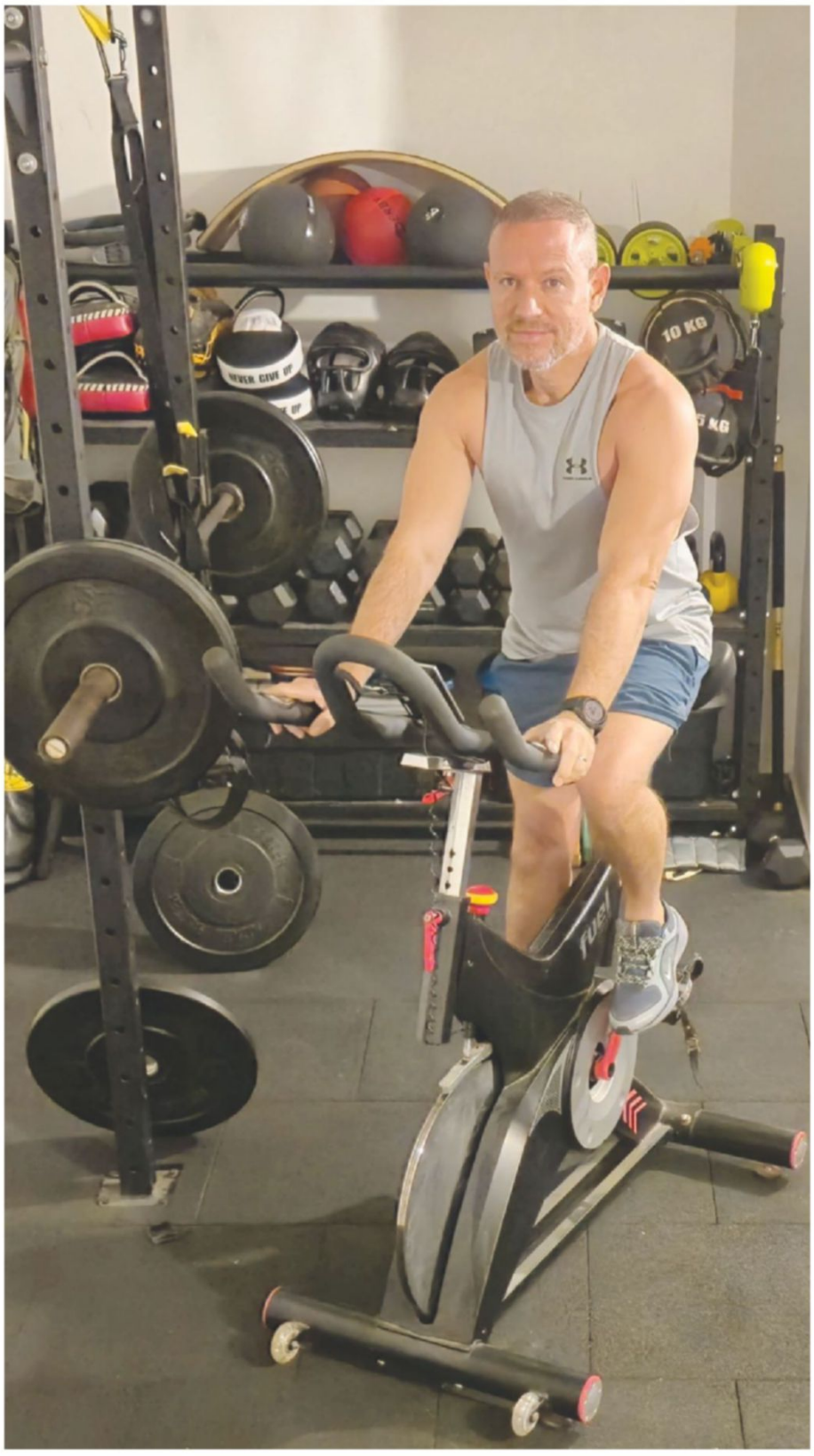
He compared physical fitness to building multiple Lego towers, with each tower representing a different physical quality: strength, cardiovascular fitness, balance, stability, coordination, agility, mobility, flexibility, power, speed, endurance, posture, and recovery.

As we age, each of these towers shrinks, which is why it is important to build them as high as possible while we are young to help us stay healthy and active for as long as possible.

According to Adam, one of the strongest predictors of longevity is cardiorespiratory fitness, and he recommends doing the Norwegian 4X4 interval protocol once a week, consisting of a warm-up, four minutes of high-intensity training, and three minutes of recovery, four times in a row, before cooling down, alongside regular strength training and moderate-intensity cardiovascular exercise.

KAREN FEIBUSCH of Modi'in changed careers at 40 and studied at the Wingate Institute to become a fitness trainer and healthy living coach. She understood that her body was going through a change, but it took her a while to

KAREN FEIBSUCH specializes in training women aged 45 up.
(Yuli Cohen Photography)



JONATHAN CHOYNACKI: Psychology matters. (Jonathan Choynacki)

JANE SENDAK MARCUS notes that age is just a number. (Jane Sendak Marcus)

grasp that she was perimenopausal (premenopausal).

At the time, she felt that there was no real response to her questions about what to expect from menopause and how best to navigate the menopausal years, which motivated her to delve into the subject in depth and later supplement that with training to become a menopause coach.

Today, Karen specializes in training women aged 45 and over and coaching them through their menopausal years and beyond.

Karen offers tailor-made, private workouts for up to three women per class in a studio in her home. Alongside this, she also offers combined packages of fitness training, lifestyle coaching, and menopause workshops to groups of women living around the country, including workshops on Zoom.

Although she mainly works with women, she will help men improve their longevity, if requested.

Women may be living longer today, but they are not necessarily living healthier lives, which is something that Karen strives to change. She stresses that everyone can exercise; the trick is finding the right workout for each person.

Karen decided to focus on working with middle-aged and older women, as understands their needs and can provide workouts that match their fitness levels, to help develop strength, balance, flexibility, and daily mobility.

One of the most important focuses for women is maintaining their muscle mass and their ability to pick themselves up from the floor, which becomes increasingly important as we get older.

To maintain this ability, it is important to be able to do push-ups, deep squats, glute bridges, half-kneeling stand-ups, and sit-ups. Combining strength training and aerobic exercise helps maintain women's existing muscle tone and bone mass.

Healthy living and longevity don't

begin with exercise and nutrition. One of the first questions that Karen asks women when she starts working with them is how they're sleeping and where their stress comes from. Factors such as managing careers, caring for children or elderly parents, running one's home, and working on screens late at night can all contribute to stress and affect sleep.

Karen stresses that there is a direct connection between lack of sleep and weight gain, as sleep loss increases ghrelin (the hunger hormone) and lowers leptin (the satiety hormone), meaning people who don't get enough sleep are never really full and spend their days looking for high-energy food.

Insufficient sleep also raises our stress hormones, which in turn promotes fat storage, particularly around the belly area.

She recommends doing high-energy classes earlier in the day, and yoga, Pilates, and stretching classes in the evenings, particularly for those who have trouble sleeping, as aerobic and heavy exercises raise our levels of cortisol (a high-energy hormone) and lower our levels of melatonin (the hormone that helps us fall asleep).

Alongside focusing on sleep, nutrition, and exercise, Karen stresses the importance of women meeting up with friends, going on long walks, and making time for themselves, all of which can help reduce stress and make them feel better.

BELGIAN-BORN Jonathan Choynacki has worked as a fitness instructor for the last 30 years, studied in Belgium before making aliyah 20 years ago, and continued his studies at the Wingate Institute.

Today he lives in Givat Koah, a moshav (agricultural community) near Shoham, and offers fitness and nutrition exercise classes for both women and men.

His classes take place in person, and he mainly works with one to two people at a time in his studio, although he also works with groups on occasion.

Jonathan offers a few online classes, which he is interested in developing further, although, as stated above, most of his classes take place in person.

Although Jonathan's background is in boxing, including competitions in Brussels, he realized that Pilates is just as important as boxing. Today, Jonathan also offers mat and Reformer Pilates classes, which he believes both help people get fit and prevent injuries.

He tailors his programs to meet people's individual needs and stresses that psychology plays as much a part in working with people as exercising with them. He stresses the importance of not being too tough on people or setting unrealistic goals, but also that people need to want to become fit for it to work.

Alongside exercise, Jonathan also focuses on people's habits, nutrition, and sleep, all of which he believes contribute to longevity.

MEIR CHARASH practices integrative fitness. (Raz Samuel)

LONDON-BORN, Modi'in-based Jane Sendak Marcus didn't grow up particularly fond of sports, but as an adult started going to the gym.

After deciding to retrain in 2007-2008, she studied at the Wingate Institute, where she earned certificates in outdoor fitness and personal training. Jane also qualified as a precision nutrition expert and a menopause athlete coach.

She used to work with women one-on-one, training them in their homes, but after COVID hit, she launched her online coaching program in January 2021.

During COVID, Jane started offering two classes, three times a week, which she developed into a 12-week online program consisting of workouts, nutrition guidance, mindset coaching, and weekly live coaching calls to provide support and answer questions.

People are encouraged to participate in the classes live, with their cameras turned on. (I prefer to have my camera off during meetings, and so working out live on camera sounded terrifying to me, alongside the fact that my dogs would probably be clambering all over me while I exercised. But Jane reassured me that she has seen both family members and dogs participate in the classes!)

Every participant receives a recording of the classes, available for a week for those who can't join in real time.

Although Jane works with women of all ages, her main focus is women over 40 and "helping menopausal women fit into their jeans."

Jane takes great pleasure in helping women become fit and strong, and while this can be more challenging as we get older, she stresses that age is just a number and that anyone can start getting fit regardless of their age or fitness level.

MEIR CHARASH of Jerusalem is a social worker, a certified fitness trainer, and a Thai massage therapist. He worked as a community worker and social worker until 2007, when he was ready for a new direction beyond the office and decided to switch to fitness training.

Today, he offers one-on-one or couples sessions in the well-equipped garden of his Jerusalem home.

Meir believes in integrative fitness and incorporates elements of strength, flexibility, and cardio endurance into every session.

He places great importance on combining high- and low-intensity exercises in workouts and on being aware of increases and decreases in heart rate and pulse to exercise effectively, which can be measured easily with sports watches today.

In his opinion, the popular focus on walking the now infamous number of 10,000 steps at the same pace is less effective than walking using the interval method of alternating walking quickly and slowly, which causes your heart rate to increase and decrease throughout the walking session.

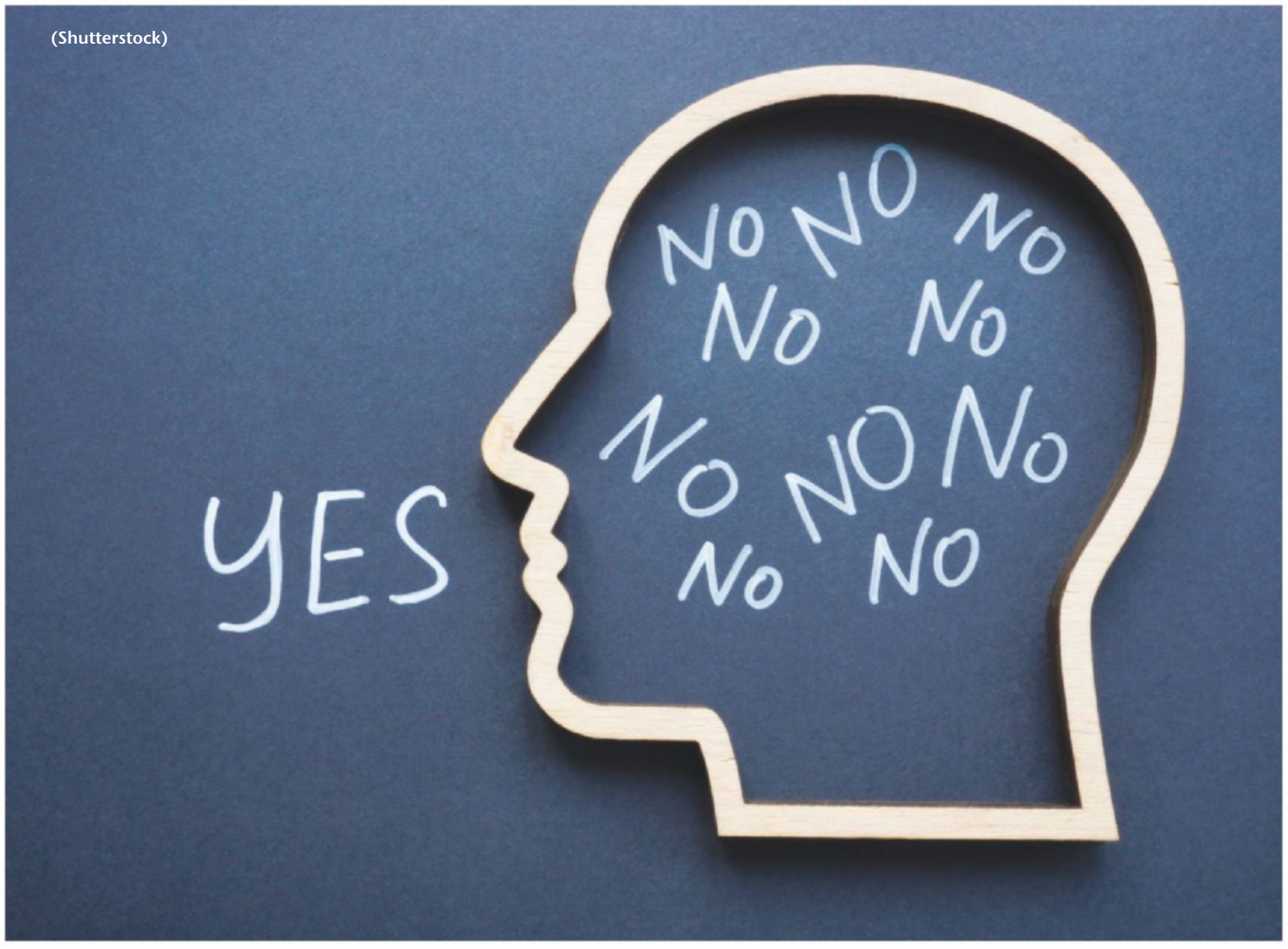
Meir is himself a keen cyclist and part of a riding group, which not only keeps him fit but is also an emotional and spiritual activity that has soothed his soul and enabled him to live fully after the pulverizing loss of his son Ariel, of blessed memory, to suicide. Cycling helps Meir "ride through with his life with his loss and despite his loss," and it shows that he continues to live his life with joy.

Alongside working out, Meir stresses that nutrition and sleep play an equally important role in longevity. He recommends increasing protein, vegetables, and fats while decreasing carbohydrates, fruits, and sugars; and, contrary to what most people do, breakfast should be the biggest meal of the day, while dinner should be the lightest.

As someone who enjoys an occasional drink and recommends "work hard and play hard, with a strong shot of scotch at the end!" he emphasizes that the aim is to reduce the intake of less healthy foods and drinks rather than eliminate them entirely.

I spend too many hours sitting in front of a computer and do not sleep very well, but interviewing the trainers for this article has shown me that it's never too late to make a change and take up a new form of exercise! ■

For more information, find the practitioners mentioned on Facebook.



(Shutterstock)

Say yes

THIS NORMAL LIFE
BRIAN BLUM

In 2008, Jim Carrey starred in a romantic comedy called *Yes Man*. He plays bank loan officer Carl Allen, who has become withdrawn and depressed since his divorce. A colleague suggests that Carl attend a motivational seminar that encourages participants to seize every opportunity to say "yes."

Carl has, in the magic of the film's mythology, entered into some kind of covenant with a higher power, where saying anything other than yes results in bad luck.

As he says yes to more and more requests (an unhoused man asks for his car, he says yes; he approves several requests for micro-loans at work and receives a promotion), Carl meets Allison and the two fall in love.

Hijinks ensue.

I've been thinking about this movie recently as I've been trying to adopt a similar attitude, albeit for a very different reason. Unlike Carl, I'm happily married but physically miserable. I get winded just walking around the block, and I've lost close to 10 kg. from my already underweight post-CAR-T self (16 kg. since, in total).

But I'm making it my policy to say yes to whatever I can; to not let my current disabilities keep me from taking advantage of life.

Holocaust survivor and psychiatrist Viktor Frankl wrote in his book *Say Yes to Life in Spite of Everything* that "what matters is to make the best of any given situation," an approach he ironically dubbed "tragic optimism." He's not saying one must believe that all tragedy will disappear; it's about ensuring that tragedy doesn't get the final word.

Another Frankl aphorism: "Live as if you were living for the second time."

Lucy Kalanithi, whose husband documented his battle with terminal lung cancer in the beautifully crafted memoir *When Breath Becomes Air*, shared during a TED talk the insight that "being human doesn't happen despite suffering. It happens within it."

Shortly before his death from cancer, neurologist Oliver Sacks collected a number of his essays in a book, *Gratitude*. Sacks doesn't minimize illness; he simply refuses to let it be the whole story. "Above all, I have been a sentient being, a thinking animal on this beautiful planet, and that in itself has been an enormous privilege and adventure."

Saying yes to the feeling of sadness or anger doesn't numb the emotion; it helps it pass faster.

Over the course of a month, I said yes to two plays that our musician son, Aviv, was performing in (*The Baroness Rothschild* – see my review in this newspaper – and a revival of the Broadway hit *Guys and Dolls*); downed a sloppy brisket sandwich at the Modi'in Beer Festival; and enjoyed an evening of dance from New York's Peridance troupe, one of the few artistic groups to visit Israel since the Oct. 7 Hamas-led massacres.

I shuffled into Kabbalat Shabbat services at the Nava Tehila congregation in Jerusalem. I gave my rapt attention to the words and songs of Angela Buchdal, of New York City's Central Synagogue, who spoke at Israel's stunning National Library about her new memoir and the experience of becoming the first female Asian rabbi.

I HAVEN'T been able to say yes to everything. During my recent hospitalizations, I missed four weddings, a performance by Ishay Ribo and Amir Dadon at Hutzot Hayotzer, and another concert by Aviv, who plays in a Phil Collins tribute band. I also had to cancel our highly anticipated family cruise to Iceland; I was simply not strong enough on the date of embarkation.

Saying yes to sadness or anger doesn't numb the emotion; it helps it pass faster

On the flipside, there are the grandkids. I can't turn two-year-old Roni upside down or vigorously kick a ball with four-year-old Ilai (although we did play a relaxed game of tossing the Frisbee through the monkey bars at the park), but I can still read to them and tell them stories.

When our own children were young, I had a tradition of making up "Frieda and Ernest" stories. I never knew what I was going to say before I sat down. Everything just flowed out of me in real-time.

"Once upon a time, there was a little boy named Ernest and his sister Frieda. They lived in a big house in Italy in a village at the top of a mountain in Tuscany with their Uncle Giuseppe."

With the help of Uncle Giuseppe, Frieda and Ernest went on fantastical adventures all over Europe. There was a statue garden outside of Paris where the stone figures came to life and did battle with each other. Another time, Uncle Giuseppe invented a flying carpet that took in a panoramic view of the Colosseum in Rome.

I made one doozy of a mistake when I was telling those stories so long ago – I never wrote any of them down. I've forgotten most of the details of the hundreds of tales I came up with. But I see now that was never the point.

"Will you be able to tell us about Frieda and Ernest if we take a vacation together?" Ilai asked me.

"As long as I have a brain and it goes with me," I replied.

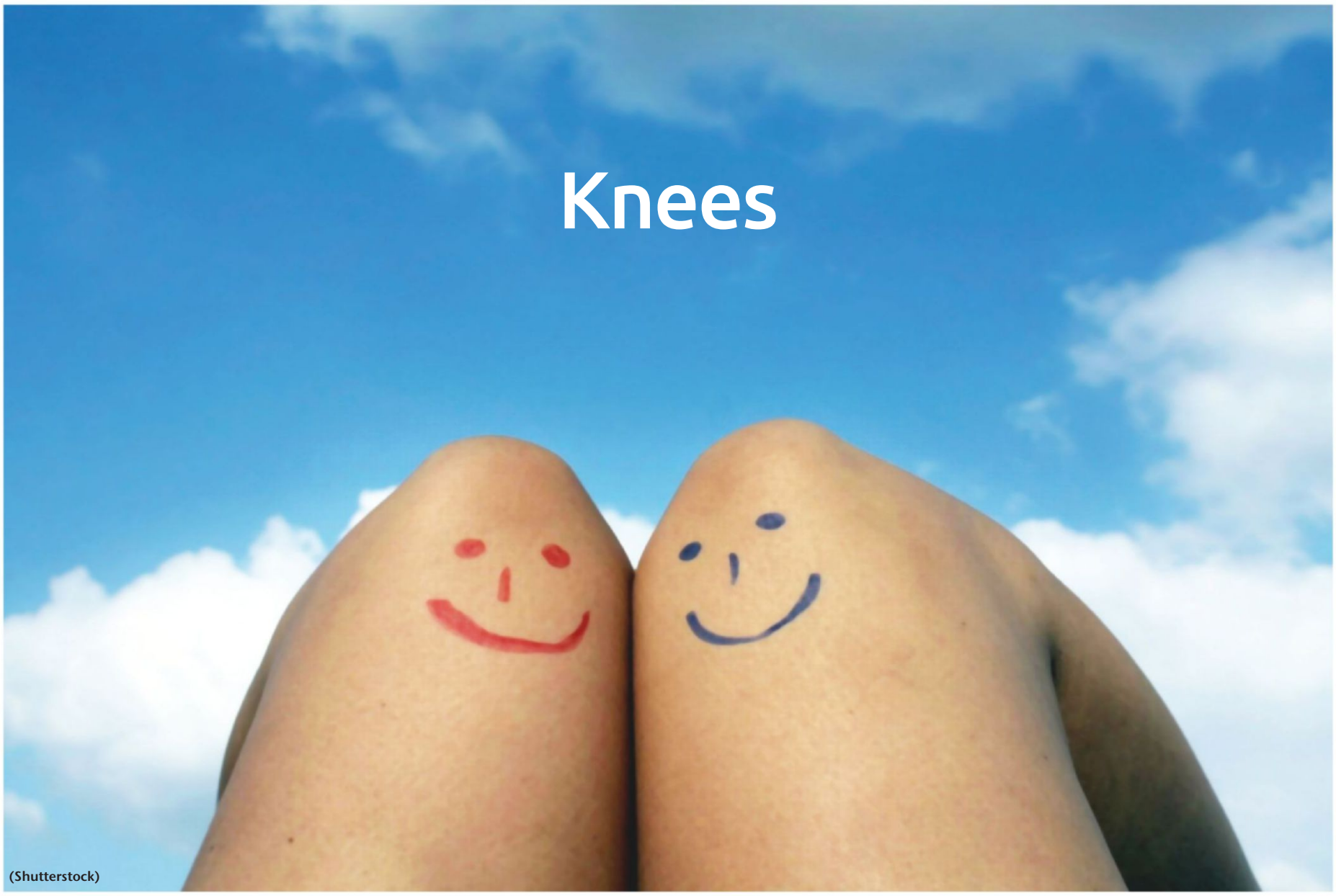
WHY KEEP saying yes? Because the alternative for me – waiting until I feel healthy again – could mean waiting forever. Life doesn't begin after recovery. It's whatever you can say yes to right now – even if today includes fatigue, lugging a suitcase full of medication, and maybe needing a nap afterward.

It's also an antidote to the kinds of less-illness-defined excuses that are canon in Western society, such as "I'll travel when I retire," or "I'll spend more time with family when work slows down," or "I'll be able to enjoy myself when treatment ends."

Say yes to each of those now, not later.

That would be a good message to work into a future Frieda and Ernest story. ■

The writer's book, TOTALED: The Billion-Dollar Crash of the Startup that Took on Big Auto, Big Oil and the World, *was published earlier this year as an audiobook. It is available on Amazon and other online booksellers in print, eBook, and Audible formats. brianblum.com*



(Shutterstock)

• SHERRI MANDELL

Who knew that knees were a thing?

I paid absolutely no attention to my knees for seven decades. I paid no attention to other people's knees. I did not look at my friends' knees, and I never once thought, "She's got nice knees." I didn't check out my children's knees. I didn't gaze at my husband's knees.

I'm not talking about sprains or sores or aches. Those I paid attention to. I was happy to consult on any knee problems. I did the exercises that the physical therapist suggested. I did the exercises that my husband got from his osteopath. I did all of the exercises. So have you probably.

But now, oh my God. Why did I look at my knees in the mirror?

My knees look like obese women's faces. I don't even feel related to them. They suddenly appeared like morose visitors from an unknown planet. What are you doing here?

I remember as a girl wearing knee socks and pulling them up almost to my knees. I never paid any attention to the dimples and lines, the soft curve.

What happened to my knees?

And my ears. I used to have tiny ears. Now they are normal – almost big. I know that they keep growing, and I congratulate myself on starting out small. Which is to say nothing about what I see in the locker room from those big-breasted women of 50 years ago. Heaven forfend. Suffice to say that little breasts do better in the long run in the dangling department.

Back to knees. Those little hinges are surprisingly vulnerable. I think of the Tin Man and his oil can in the *Wizard of Oz* – we could all use a bit of oil on those swinging gates.

Those little hinges are surprisingly vulnerable

I know people who have had knee replacements, like my friend Leah, who could star in a movie for most motivated knee replacement surgery star. She worked those knees till she almost got them back into place. She swam 100 laps and walked 100 kilometers and faithfully performed her physical therapy, and she is fine now. Chapeau Leah, as they say here in Israel, and I don't know why. I guess hats off since I am educated enough to know that *chapeau* means hat in French.

I hope my knees will hold up, even if they're ugly as fat fur dumplings. Please, knees. Keep working. Keep pushing me forward. Keep me going. Keep me dancing. Keep me cooking. Keep me laughing. Keep helping me bend. Because apparently that's the other danger of age. You become somewhat inflexible. Stuck in your ways. Know it all. Incalcitrant. Now that's a word you can't translate into Hebrew.

Post-menopausal women can become bossy. Me especially. I seem to know it all, even when I don't.

Sometimes I tell my kids what to do when they or their kids are sick and they ask: "When did you become a doctor?"

"Actually, I went to medical school without telling you," I reply. Yeah right, although 40 years of mothering made me a doctor.

Of course, after living a few lives, I know a lot. A hell of a lot. Two languages. Two countries. One husband. A number of kids and grandkids. Friends. Jobs. War. Death. Loss. Operations. Falls.

You learn something in this life.

For instance, I know that angels don't have knees and they can't bend. They're on one mission at a time.

And I also know that I am very young and that one day I will look back at being 70 and laugh because it was really the tail end of middle age. So if you're 70, don't worry about it. You're just leaving middle age.

Don't let anybody tell you you're old. Keep going. Keep learning. Keep walking. Keep working out. Keep your knees strong.

But, please take a tip from me – do not look at your knees in the mirror. ■

The writer is the co-founder of the Koby Mandell Foundation. Her newest book, From Mac and Cheese to Matbucha: A Memoir With Recipes *can be pre-ordered from Amazon or Gefen Publishing.*

How a BGU researcher is manipulating crustaceans to protect the environment – and fight disease

Ben-Gurion University's Prof. Amir Sagi is creating monosex crustacean populations to transform agriculture and protect ecosystems

• RONNIE ROSENMAN AND ELLIOT HELLER

In a world facing growing pressure on food systems, water resources, and biodiversity, some of the answers may come from an unexpected place: the armored bodies of tiny marine creatures.

For more than two decades, Prof. Amir Sagi of Ben-Gurion University of the Negev has been studying crustaceans as sophisticated biological systems that hold clues about growth, reproduction, and survival. Hidden beneath their shells are genetic mechanisms that could help farmers produce more sustainable food, protect ecosystems from invasive threats, and even fight diseases that affect hundreds of millions of people around the world.

"They are fascinating biological systems," Sagi notes.

For him, crabs, shrimp, lobsters, and other crustaceans are not simply creatures of the sea. They are living laboratories, animals that have evolved remarkable solutions to some of nature's most complicated challenges.

Technology makes it possible to create single-sex crustaceand, allowing farmers to grow populations specific to their needs

"I'm a marine biologist," he says, describing the path that brought him to this field. After completing his postdoctoral research at Woods Hole in Cape Cod, with the University of Connecticut, Sagi initially considered building his academic career in the United States. He even received an offer from another American university. But after conversations with his family, he decided to explore the possibility of returning to Israel.

The opportunity came unexpectedly at an academic conference in the United States, where he met a researcher from Ben-Gurion University who told him that the Department of Life Sciences was searching for an invertebrate physiologist. "And the rest is history," Sagi says.

Today, his laboratory at the university focuses on two central questions: how crustaceans build their bodies, and how their bodies determine who they become. The first area of research examines one of the most extraordinary processes in the animal kingdom – molting.

A WILD-TYPE CRUSTACEAN in molecular research at Ben-Gurion University's Sagi Laboratory. (Dani Machlis/BGU)

Unlike humans and other vertebrates, crustaceans do not grow by expanding an internal skeleton. Their skeleton exists outside their bodies, forming a protective shell that must be discarded as the animal grows. After shedding the old shell, the animal must quickly construct a new one and harden it before becoming vulnerable to predators.

"Imagine if we had to replace our entire skeleton within three days," Sagi says. "That is essentially what they do."

The process requires a complex interaction between genes, proteins, and physiological systems. Sagi and his team study how specific genes in the crustacean genome influence the construction of this external skeleton, and why they act the way they do – a field known as functional genomics.

New scientific possibilities

The goal is to gain a deeper understanding of the biology of crustaceans, but Sagi found that it may have practical applications as well. Perhaps the most significant discovery to emerge from Sagi's laboratory came from a different question: What determines whether a crustacean becomes male or female?

The research began more than two decades ago, led by Dr. Rivka Manor, a researcher in life sciences at BGU, during her doctoral studies at the university. Her work revealed the existence of a hormone in decapod crustaceans that closely resembles insulin and plays a decisive role in determining sex.

"It turned out that this hormone is responsible for the masculinity of the crustacean," Sagi explains. "If the hormone is present, the crustacean is male. If it does not, the crustacean becomes female."

The discovery opened a new scientific possibility: controlling the sex of crustacean populations through a biological switch. "From the moment we discovered it, we could determine what the sex of every crustacean would be using an on/off mechanism," Sagi says.

While the discovery is scientifically significant in animal biology, in the world of aquaculture, it represents a major technological breakthrough. As demand for seafood increases and natural fisheries face growing pressure, farming aquatic species has become increasingly important. "In aquaculture, as in any animal husbandry, males and females have different advantages, depending on the environment. A male can fulfill certain agricultural goals, while a female can serve other needs," Sagi says.

The technology developed by Sagi's team makes it possible to create single-sex populations, a tool that

DR. AMIR SAGI in the field, allocating Bilhartia sites. (Noa Asculai/Sagi Laboratory, BGU)

SAGI RECEIVES a recognition of contribution at a conference of the Kenya Medical Research Institute. (KEMRI)

can allow farmers to grow populations specifically suited to their needs.

The research has already moved beyond the laboratory. In Vietnam and Thailand, former students from Sagi's group and others using the biotechnologies developed at BGU have established companies producing millions of monosex crustacean larvae for aquaculture.

Environmental benefits

In addition to farming, Sagi found that a surprising application of the research lies in environmental protection. Some crustaceans are powerful predators of snails, including snail species that serve as hosts for parasites responsible for schistosomiasis, also known as bilharzia – a disease that affects millions of people, particularly in regions where communities depend on freshwater sources.

"The parasite enters through the skin from snails that live in the water," Sagi explains. "Children are especially vulnerable because of their exposure to these environments."

His team is investigating whether crustaceans can be used as biological control agents to reduce populations of disease-carrying snails.

But introducing a predator into a new ecosystem comes with a significant danger: the solution itself could become an ecological problem. A species that reproduces uncontrollably can become invasive and damage the environment it was meant to protect. This is where Sagi's earlier discovery becomes crucial.

By creating populations made up of only one sex, researchers may be able to use crustaceans' natural abilities without allowing them to establish permanent populations in the wild. "We use our knowledge to create populations that are single-sex and will not reproduce in nature," he says.

A project currently underway in Kenya is examining whether this approach can provide a safe and sustainable method for controlling disease-carrying snails and rice field pests. For Sagi, this is the future of environmental science: not fighting nature, but learning how to work with it.

For Sagi, this is the future of environmental science: not fighting nature, but learning how to work with it.

"The interesting thing is that the same knowledge that allows us to understand reproduction can also help us solve ecological problems," he says.

Science without borders

While Sagi's research focuses on creatures that live beneath the surface of the water, he has also recently been confronting another question: how Israeli science is perceived around the world. During a recent academic journey through South America, including Brazil and Argentina, Sagi said he arrived unsure of what reception he would receive.

Instead, he encountered something he had not expected – a strong desire for scientific collaboration. "I was surprised," he says. "I didn't know what to expect."

At the universities he visited, administrators and researchers went out of their way to welcome and host him. In one remote location in the Amazon, researchers traveled long distances to attend his lecture. "It was moving," he recalls.

For Sagi, the experience revealed a more nuanced and hopeful picture of Israeli academia's place in the world, one that exists alongside discussions of academic boycotts and strained international relationships.

"There is a lot of talk about rejection, about papers being refused, or conferences where Israelis are not invited," he says. "But there are also many people who understand that Israeli academia is a strong and independent constant, unaffected by politics. [There are] people who want to preserve and deepen connections with Israeli researchers based on their research excellence."

Case in point: In 2024, Sagi was awarded by a committee in Malaysia (a country that does not have diplomatic relations with Israel) the ACEEU Asia-Pacific Lifetime Achievement Award. The desire for collaboration, he believes, is especially important in fields such as environmental biotechnology, where the challenges are global by definition.

"Climate change, food security, invasive species, and infectious diseases do not stop at national borders. The scientific efforts needed to address them must not either."

This article was written in cooperation with Ben-Gurion University of the Negev.

Monday, 9 a.m.: Fighting for justice in the Sbarro bombing, Part III

The roles played (or not) by US ambassadors to Israel and by American Jewish leaders

US DOJ: Will Malki Roth's case be the landmark that changes the way Dept. of Justice operates? (Shutterstock)

• TOBY KLEIN GREENWALD

This concludes our three-part series. Part I and Part II can be found online.

Before we proceed to ambassadors and American Jewish leaders, an addendum.

I heard that a wise person once said, "Don't say six million Jews were killed in the Holocaust. Say six million and one." It's easier to identify with one person than with six million.

Malki Roth was not the only victim of terror. The Jewish Virtual Library has collated statistics from a number of sources, including the Foreign Ministry, and it states that more than 4,800 Israeli and foreign civilians have been killed in Arab and Palestinian terrorist attacks since 1948 (including all of 1948, before the state was established in May). This does not include the pre-1948 acts of terror, such as those in Hebron and elsewhere in 1929, and many others. There have always been those who did not want us here.

Malki Roth was also not the only American, but her heartbreaking story has brought numerous issues to the forefront.

In a column published in the Israel Nation News on July 31, 2013, as Israel was about to release 104 terrorists, supposedly as a goodwill gesture to restart peace talks, Sherri Mandell – whose 13-year-old son Koby was murdered by Arab terrorists in May 2001, and who demonstrated along with others against the release – was quoted as saying (which she confirmed to the *Magazine*), "I'm happy that they were never found, because I don't want to have to be horrified that Koby's killers had been released by the State of Israel."

Like his parents, Koby was an American citizen.

In Koby's memory, Sherri and Seth Mandell created the Koby Mandell Foundation, which helps bereaved mothers, fathers, widows, orphans, and siblings to rebuild their lives and create meaning out of suffering.

Thinking back to the Taylor Force Act I described in Part II, I remembered another act. After Koby's murder, the Koby Mandell Act was introduced into Congress on June 7, 2001. In short, it directs the US Attorney-General to establish within the Department of Justice (DOJ) an office to monitor acts of Palestinian terrorism, to offer rewards for information about terrorists, and – most important – to implement methods to "apprehend, indict, prosecute, and convict individuals who commit such acts."

Sounds impressive. But it didn't pass

immediately, in that form.

Sarah Stern, founder and president of the Endowment for Middle East Truth, told the *Magazine* that the Koby Mandell Act was also introduced into the Senate on March 21, 2003, and was passed in December 2004 when it was "included as a title within the massive year-end federal omnibus spending bill signed by president George W. Bush." According to the Congress.gov website, it was included within the Department of Justice's Office of Justice for Victims of Overseas Terrorism (OVT). That office, as stated on its website, is "to support US victims of overseas terrorism by helping them navigate foreign criminal justice systems...."

Stern told the *Magazine* she worked on the bill for three years. Regarding the new OVT, Stern said, "They publish websites, pamphlets, and flow charts. Unfortunately, they have never prosecuted a single perpetrator who has committed acts of terrorism. What we envisioned for this office, and what it ended up doing, was a profound disappointment."

The *Magazine* wrote to the OVT to ask if it has ever prosecuted terrorists. Its response was: "Refer to US District Court of DC."

MALKI ROTH, 15, was one of three American citizens murdered in Sbarro. After the release of Ahlam Tamimi, who had masterminded the attack, there was no reaching out to the Roths on the part of Prime Minister Benjamin Netanyahu or any other senior Israeli figure.

Tamimi has lived the life of a celebrity in Jordan since the moment she returned there, after being freed in the Schalit deal.

In an interview filmed with her while she was still a prisoner in Israel, she was proud and joyful about the deaths she had orchestrated. She continues to promote the cause of terrorism and jihad through the media and in speeches throughout the Arab world.

Tamimi should have been extradited to the US, in compliance with a treaty signed by King Hussein, the father of today's ruler of Jordan, and US president Bill Clinton in 1995. But that hasn't happened, in spite of charges against Tamimi by the Department of Justice in 2013 and the FBI's putting her on the Most Wanted Terrorists list in 2017.

US ambassadors to Israel

In pursuing US justice, the Roths sought out meetings with ambassadors to Israel, starting when Tamimi was released.

The first such meeting was with **Dan Shapiro**, who served in Israel, under president Barack Obama, from August 3, 2011, to January 20, 2017.

Arnold Roth said, "He and I met twice – once when I came to the US Embassy in Tel Aviv as part of a group of three grieving fathers whose children had been murdered by terrorists. Then privately, after his term as ambassador ended. He provided no meaningful support for our efforts to get justice, but was polite and empathetic; in our circumstances, that's nothing to sneeze at.

WILLIAM DAROFF (R), CEO of Conference of Presidents, in conversation with Arnold Roth as part of the National Israel Leadership Mission, Jan. 2025. The slide presents Sbarro terrorist Ahlam Tamimi with a single raised index finger, a traditional Islamic gesture symbolizing the absolute oneness of God. While used globally by everyday Muslims, it has been widely adopted by ISIS and other jihadist movements in propaganda and before terror attacks. (Courtesy Arnold Roth)

"One outstanding issue relating to his term as ambassador has gotten little coverage.

"Years after it happened, he told me that when the 2011 Schalit deal was about to take place and the 1,027 terrorists were to walk free, the US Embassy, he said, had asked Israel not to free Tamimi, on the grounds that her bombing attack on Sbarro took US lives.

"He said the approach was rebuffed by Israel, and I know it was not at all reported at the time. I asked him who specifically was approached in the government of Israel. He said he could not tell me."

Shapiro impressed him, said Roth, with his concern and empathy.

But Roth said that despite Shapiro being well-wired into the inner workings of Washington and in particular the State Department, and despite giving Roth assurances he would investigate in Washington and get back with what he could, no information ever came back.

FALLEN SOLDIER Naftali Yonah Gordon, the Roths' beloved son-in-law, is spotlighted at a Remembrance Day ceremony in Jerusalem held by the IDF Widows and Orphans Organization, last year. (Courtesy Arnold Roth)

"At some point, you wake to the realization that Washington insiders who convey – without saying it explicitly – that they don't care that much about justice, Jordan, and the Tamimi case, actually have neither more nor less insight than the better guys from Washington. It's a depressing situation – especially when it goes on and on for years."

The *Magazine* asked Ambassador Shapiro to respond. He wrote, "The Roth family's grief and anger is justified, and nothing can relieve it. The US relationship with Jordan is complex, and includes important strategic aspects. That said, I believe more US pressure should be exerted on Jordan to extradite Ahlam Tamimi, and have advocated for it."

Following Shapiro's response, Roth shared with the *Magazine* more details about the US request not to free Tamimi, citing an exchange he had with a journalist in February 2020.

"The journalist said, 'Someone told me the US administration asked Israel before the Schalit deal not to release anyone with American blood on their hands. Do you know about this? Do you have a link to it reported somewhere?'

"I told him, 'The US indeed said what

US ambassadors to Israel (from L):
DAN SHAPIRO at a farewell session in the Knesset, 2017.

DAVID M. FRIEDMAN at the Jewish Federation's General Assembly, Tel Aviv, 2019.

THOMAS R. NIDES hosts the US Embassy's annual Iftar gathering, 2023.

JACK LEW (L) welcomes US secretary of state Antony Blinken to Tel Aviv, 2024. (C: Lior Hayat, Foreign Ministry's deputy director-general for North America.)
(Shapiro & Friedman: Flash90; Nides: Wikimedia Commons; Lew: Nathan Howard/Pool/Reuters)

you quoted. But in my opinion, there was no evidence at the time of the Schalit deal that any US official asked Israel to hold back those terrorists with American blood on their hands (like Tamimi). The relevant State Department press briefing at the time makes no mention.'

"The alleged intervention by the US on the eve of Tamimi being freed in the Schalit deal came up again in two ways," he continued.

"The first is when I testified in the US Congress to its House Oversight Committee on National Security on February 2, 2016. I was seated beside Justice Department official, deputy assistant attorney-general Brad Wiegmann of the DOJ's National Security Division. He's caught on the video record of the session saying: 'We certainly understand the concern about Israel's recent release of prisoners that harmed Americans, a step the US urged Israel not to take.'"

Rep. Jason Chaffetz (R-Utah) was chairman of the US Congressional Committee on Oversight and Government Reform. In that 2016 hearing of the Subcommittee on National Security, "Seeking Justice for Victims of Palestinian Terrorism in Israel," whose transcript is 60 pages long, Sherri Mandell submitted testimony, and Arnold Roth testified in person.

Ron DeSantis (R-Florida), the subcommittee chairman, concluded, "We face, as Americans, a global jihad, and Israel is ground zero for that fight. And when we have Americans visiting, studying, living in Israel, and they're killed, they're wounded by terrorists, we're not going to forget that. We can't forget that. And we will get justice. And we'll be patient if we need to be, but we are not going to let justice be denied."

"Secondly," said Roth, "a letter dated January 30, 2012, came to Frimet and me from then-US attorney-general Eric Holder." Extract: "The US Embassy in Tel Aviv, together with the Department of Justice and the Department of State, urged the Government of Israel prior to both releases in question not to release prisoners responsible for murdering or injuring US citizens before serving their full sentences."

David M. Friedman served as US ambassador from May 15, 2017, until January 20, 2021.

Roth said, "I made efforts to engage with Friedman, starting right after he was nominated in the first Trump administration, before he was confirmed, and continuing over and over again until most of the way through his term of office.

"At some point, many months into this effort, I realized I had been defeated again and stopped trying.

"But this had an epilogue. Friedman and I did eventually meet and talk about the Tamimi case. That happened days after his term in Jerusalem ended. A helpful third party intervened. The meeting that resulted was the opportunity for me to clarify face-to-face with the diplomat how astonished I was by how he and his office cold-shouldered us throughout his entire service in Israel.

"It's instructive to know that for someone as unabashedly supportive of Israel and of Jewish peoplehood issues, he allowed this to go on throughout his term. America's most senior diplomatic representative to Israel just looked away the whole time.

"Was that galling? Of course. But it's sadly consistent with the way the State Department in Washington, through several layers of its senior management, has dealt with us, leaving aside minor and mostly inconsequential exceptions, from the time of my meeting in Washington with the DOJ in 2012, which eventually led to charges being issued against Tamimi, right up until today."

The *Magazine* reached out to Amb. Friedman for a response, and he replied, "The Roths have undergone unimaginable suffering and deserve that Ahlam Tamimi be brought to justice. I wish there was more I could have done for them."

Thomas R. Nides served from December 5, 2021, to July 21, 2023, under president Joe Biden. The Roths met personally with Nides, but they said that nothing helpful came from the meeting, and what the ambassador did say was, at his request, off the record.

The *Magazine* reached out to Nides for a response, but he had not replied at press time.

Jack Lew was the ambassador, still under Biden, from November 5, 2023, to January 20, 2025.

Arnold Roth said, "I understood he's an observant Jew like my wife and me. Given that reality and the utter lack of any progress with every relevant part of the Biden administration, asking for a meeting with Lew was an unbearable thought, one step too far. We didn't ask for a meeting.

"And there's this. Notwithstanding the seriousness of the Jordan/Tamimi case and the years of neglect and thwarting of US justice it represents, it's worth noting that Lew had no contact with us either. No email, no phone call. I can understand that. The State Department's position on Jordan/Tamimi clearly makes at least some of its people uncomfortable."

The *Magazine* reached out to Amb. Lew, but he had not responded at press time.

US AMBASSADOR **Mike Huckabee** began on April 21, 2025, under the second Trump administration, and is still serving. (Some of this was reported in Part II.)

Throughout this saga, where were our brethren?

Roth said, "He responded positively to our request for a private meeting, which took place in the Jerusalem embassy in May 2025. His approach was frank, supportive, informed, and encouraging – as different as things get by comparison with all the previous interactions with ambassadors.

"He said something I haven't heard till now from any other American official: 'I don't understand how this can happen. I need to find out.' The connection goes on, and he assures us that he has not forgotten the issues. There have been some follow-on calls. We trust him."

The *Magazine* reached out to Ambassador Huckabee about his interaction with the Roths, and this is what he replied:

"My visit with the Roth family touched me in a profound way and personal way. They gave me a photo of Malki and I have kept it framed in my office since that day, so there is not a day that goes by [that] I fail to think of the injustice to her and her precious family. One of my goals as ambassador is seeing justice done. Malki would be 40 years old this year."

Since then, Huckabee has even more assertively called for the extradition of Tamimi. On August 9 this year, Huckabee posted on X: "Twenty-five years ago today, a Hamas suicide bomber murdered 16 people and injured more than 120 at the Sbarro pizzeria in Jerusalem. Among the victims were Americans Judith Greenbaum, Chana Nachenberg, and 15-year-old Malka Roth. May their memories be a blessing. We stand with @Israel against terrorism in all its forms and remain committed to bringing every last fugitive of this heinous act to justice."

He also cited the State Department's Rewards for Justice page, which states: "Rewards for Justice is offering a reward of up to $5 million for information on Ahlam Ahmad al-Tamimi... as part of its 1993 Violence in Opposition to the Middle East Peace Negotiations reward offer."

Also on August 9 this year, Ambassador Rabbi Yehuda Kaploun, special envoy to monitor and combat antisemitism at the State Department, posted on X:

"Today, we mark 25 years since the Hamas terrorist attack at the Sbarro pizzeria in Jerusalem. We remember the 16 victims murdered – including Americans Judith Greenbaum, Chana Nachenberg, and Malki Roth – and the more than 120 others injured. The United States will never forget and remains committed to bringing the perpetrators, including Ahlam Ahmad al-Tamini, to justice."

He also quoted the Rewards for Justice page.

American Jewish leadership

Throughout this saga, where were our brethren?

Roth said, "Many of the executives who manage major American Jewish organizations exposed themselves to me in 2020. I wrote letters to most of

'It's a disgrace that it falls to us – bereaved parents of an American child – to be the ones to press politicians to assert US rights, to stand up for US justice'

COMMENTATOR BARI WEISS was one of 69 'Eminent Personages' who signed Roth's declaration to the US government to press for extradition. (Seen 2022; Mike Blake/Reuters)

the constituent groups that make up the Conference of Presidents of Major American Jewish Organizations and one or two others [not under the conference's umbrella], asking them to sign on to a declaration calling on 'our government' (the US) to press for the extradition of Tamimi."

The letters went out in mid-June 2020 and several weeks after that.

The letter summarized what happened in the Sbarro terror attack, referred to the US citizens murdered, and added:

"WHEREAS, the unrepentant plotter of the bombing, Ahlam Tamimi, now lives in Jordan; and... the Government of Jordan, an American ally and the world's fourth-largest recipient of US financial aid, refuses to extradite Tamimi to the United States, in direct contravention of its treaty... we, the undersigned EXPRESS our collective outrage over the Kingdom of Jordan's refusal to extradite the murderer of American citizens. STAND in solidarity with the families of the victims and their quest for justice. CALL upon our government to hold the Kingdom of Jordan accountable to its commitments... including... recent government legislation significantly impacting US financial aid to Jordan [and] PLEDGE to join forces with the families of the victims until their demand to see justice meted out to the murderer of American citizens is realized."

Roth prepared a meticulous chart indicating who signed (23), who declined (10), and those who ignored the letter (15), according to him.

Since there is no way to determine whether those who did not respond at all did so intentionally or whether the letter went into spam or a bureaucratic black hole, I'll cite only a few examples of those who signed and those who wrote back that they declined.

Regarding rabbinical or religious organizations, signers included the Rabbinical Assembly, which describes itself as the "international association of Conservative/Masorti rabbis"; Agudath Israel of America, identified with the haredi population; and the Union of Orthodox Jewish Congregations of America (OU) and National Council of Young Israel – which indicates the response at least partly crossed the denominational lines. Those who actively declined included Reconstructing Judaism and Women of Reform Judaism.

Non-rabbinical/religious organizations that signed included AIPAC; B'nai B'rith International; Coalition for Jewish Values; Conference of Presidents (signed on behalf of the conference, though some of those under its umbrella did not); Religious Zionists of America-Mizrachi; Hadassah; Jewish Federations of North America; World Jewish Congress North America; the Coalition for Jewish Values; and the Zionist Organization of America.

Roth said, "Under William Daroff, the Conference of Presidents continues to actively stand with us in our battle."

This August 9, Daroff publicly posted a short summary of a letter the conference sent to Secretary of State Marco Rubio on August 4. (The full letter can be found on the conference's website and Facebook page.)

The summary reads: "Today marks the 25th anniversary of the August 9, 2001, Sbarro restaurant bombing in Jerusalem.

The Conference of Presidents urges the United States to demand that Jordan immediately extradite Ahlam Aref Ahmad Al-Tamimi. The US Department of Justice charged Al-Tamimi for her role in the attack, which murdered 16 people, including three Americans. She remains on the FBI's Most Wanted Terrorists list. Twenty-five years later, the victims and their families still await justice. Jordan must fulfill its extradition treaty obligations and send Al-Tamimi to the United States to face trial."

Roth shared with the *Magazine* some of the correspondence he had with those who explicitly declined to sign.

They included the Jewish Council for Public Affairs, which wrote, "[It is] beyond our organization's mandate"; and the Jewish Institute for National Security of America, which told Roth, he said, after four unsuccessful tries: "What an awful, awful tragedy. No parent should have to experience what you have. However, JINSA doesn't sign statements put out by others and rarely issues even its own statements. We're more a think tank, not an advocacy organization. I still commend you for rallying support for this statement from Jewish organizations."

T'ruah: The Rabbinic Call for Human Rights, wrote, "We are so sorry for your loss. We at T'ruah unconditionally condemn this and all other acts of terrorism. We are not going to participate in this particular policy initiative, which may have negative implications for Israel and for US foreign policy."

The decliners of the above examples all expressed some form of sympathy even though they didn't sign.

The exception was Americans for Peace Now, whose responder wrote only, "I consulted with my colleagues regarding the statement. We thank you for reaching out to us. As an organization, APN will pass on this statement."

The American Jewish Committee also declined to sign. However, Roth said, he received the following letter on June 9, 2020. The letter said:

"Dear Mr. Roth, Thank you for reaching out to AJC in pursuit of justice for Malki, HY"D . Please know that we share your conviction that morality and the rule of law demand nothing less than the harshest punishment for those who planned and carried out your daughter's savage murder, including Ahlam Tamimi. AJC has engaged and will

continue aggressively to engage senior officials of our government, as well as Jordanian and Israeli authorities, to facilitate any and all means to assure the administration of justice too long denied."

The chief policy and political affairs officer said he looked forward to being in touch.

Hillel: The Foundation for Jewish Campus Life also did not sign. Roth told the *Magazine*, "Their CEO, in his letter to me of July 2, 2020, wrote: 'As you know, our mission at Hillel is an educational one, to help students build connections with Jewish life, learning, and Israel. In that vein, while Hillel does not itself advocate on political or policy issues, we work with numerous Jewish organizations that do so....'"

Some of those who didn't sign raised an ironic eyebrow, on my part. For example, T'ruah. What is more relevant to human rights than extraditing a terrorist who joyously said she would do it again? And what were the human rights of Malki and the other victims?

And regarding Hillel, its non-signing in 2020, which preceded the havoc and Jew-hatred on college campuses since Oct. 7, 2023, is even more troubling in retrospect.

And what about those who signed and then did nothing further?

Roth said, " A journalist, Benjamin Weinthal, was intrigued by that very question and asked some questions a year ago for a follow-up analysis published by i24News. He based himself on publicly available data. My understanding is that most of the groups he approached did not respond to his follow-up questions.

"Some, however, did, and made terrifically positive claims to him about being with us all the way in this battle for justice. I told Weinthal that it actually felt, and still feels, very different to [wife] Frimet and me. So different, in fact, that in most cases we had never received any indication – not even a clue – of the urging and the pushing and the advocating they have been supposedly doing all along so that the Sbarro savage is... delivered to Washington to face trial.

"To his great credit, one of the organization leaders I phoned told me, almost as soon as he heard who was on the phone, that he's deeply sorry. He had been less than frank with Weinthal and regretted it. So much so that he said he was going to take some corrective steps the next day. And indeed, he did. It didn't amount to much, but knowing that there are still some American Jewish leaders with the backbone to say 'We should have done more' is encouraging."

DECLARATION OF INDEPENDENCE: Are all US citizens treated equally in flexing the long arm of the law? (Shutterstock)

'Eminent personages'

Roth also sent invitations to what he terms "eminent personages," and 69 signed. It reads like a who's who of scholars, leaders, and writers from diverse religions and countries.

A partial list includes Irwin Cotler, former justice minister and attorney-general of Canada, and chairman of the Raoul Wallenberg Centre for Human Rights; Bari Weiss, esteemed journalist and CBS News editor-in-chief; Bassem Eid, Palestinian Arab social worker and human rights advocate; Stephen M. Flatow, father of terror victim Alisa Flatow; American scholar Prof. Susannah Heschel; Marvin Kalb, award-winning journalist-author; Col. Richard Kemp, former commander of British forces in Afghanistan, who led the international terrorism team at Britain's Joint Intelligence Committee; Beate and Serge Klarsfeld, anti-Nazi and pro-Israel advocates; Sen. Joseph I. Lieberman, first Jewish candidate on a major presidential ticket in the 2000 race; American novelist Cynthia Ozick; and Dr. Judea Pearl, distinguished academic and father of murdered journalist Daniel Pearl.

Signed on also are Daniel Pipes, president of Middle East Forum; Dr. Asaf Romirowsky, executive director of Scholars for Peace in the Middle East; Rabbi David Rosen, president of Religions for Peace; noted historian and author Prof. Ruth Wisse; Zuhdi Jasser, founder-president of American Islamic Forum for Democracy and co-founder of Muslim Reform Movement; and Prof. Gerald Steinberg, president, Institute for NGO Research; among many other distinguished personages.

Roth said, "Tamimi's high-profile freedom all these years amounts to an act of betrayal by people and groups who should be standing beside us, amplifying our voices. Instead, they decline to help or say they are helping while, in my view, doing nothing.

"Some represent America's Jews in Congress. Some are major American Jewish organizations. Some are Jewish religious leaders. Some have served as special envoy to monitor and combat antisemitism.

"And a special mention goes to the Republican Jewish Coalition and the Jewish Democratic Council of America.

'In her memory, in her honor'

In summer 2001, I was directing the first production of our Raise Your Spirits Theatre company. We licensed the rights to *Joseph & the Amazing Technicolor Dreamcoat* because it was biblical. We had created our troupe to give us something to do during a bloody intifada when people barely left their homes.

My friend Sharon Katz had sent out an email saying "We're putting on a play!" I offered to direct, Arlene Chertoff to choreograph, Sharon produced, and 100 women from Efrat and Gush Etzion joined us.

We opened every rehearsal, and – starting before the show on the evening of 9/11 – also every performance, with the recital of Psalms.

The three of us had made the decision to never cancel a rehearsal or a performance on the day of a terrorist attack.

But sometimes that was easier said than done.

The day of August 9, the explosion in Sbarro was especially shocking and wrenching for us all. We were still in rehearsal season.

One of our actresses, who was a soloist in the show, learned that her dear friend Malki Roth was among the murdered. She was deeply devastated and left the production.

I waited two weeks, then went to her house. She opened the door, the sadness palpable on her face.

"You've mourned," I said to her. "You will continue to mourn, but now I want you back on stage. Do it in Malki's memory. Do it in her honor."

She returned to perform. Because that's what we do. In a show whose most iconic line is, "For I have been promised a land of my own."

I reached out to her now. This is what she said:

"I think I went back because I needed to keep going and because there were things I had committed to doing. The grief and trauma stayed with me for years afterward, and healing was a much longer process."

May this series, too, be in Malki's memory. In Malki's honor. – *T.K.G.*

ADDRESSING THE Conference of Presidents in Jerusalem City Hall, 2002.
(Courtesy Arnold Roth)

DECADES OF ADVOCACY: Sarri Singer (L, severely injured in a 2003 bus bombing in Jerusalem), deputy assistant attorney-general Brad Wiegmann (DOJ) and Roth after testifying before the Congressional Committee on Oversight and Government Reform. The 2016 hearing of the Subcommittee on National Security, chaired by then-congressman/now-Florida Gov. Ron DeSantis, was titled, "Seeking Justice for Victims of Palestinian Terrorism in Israel.' (Sarah Stern/EMET)

They are among a long list of our brethren in positions of power who could have done more.

"Living through this battle has sensitized me to the painful gulf between our aspirations as a Jewish community and our achievements. I prefer not to be more explicit than that. There is huge scope for improving ourselves."

Roth family struck again by Hamas

Before we concluded our long interview, Frimet spoke about their son-in-law, Naftali Yonah Gordon, married to the Roths' daughter, Pesi; they have two little children.

On Oct. 7, 2023, while they were all observing Simchat Torah, Gordon immediately went into action to join his reserve unit. He died after his tank took a direct hit in northern Gaza on December 7.

"Naftali was a highly regarded physiotherapist, a beloved individual," Arnold Roth told i24 TV at the time, and added now, "We adored him."

Frimet said, "In recent times, since we lost Naftali, I haven't really been as involved in this [bringing Tamimi to justice] as Arnold has. I'm not at all involved in drumming up interest in it. If there is some kind of meeting with an official that's been arranged, then I try to go, not always. And that is because of Naftali.

"The grief over Naftali is just so raw. It kind of consumes me, and helping our daughter to deal with our grandchildren.

"I don't write anything anymore, almost nothing. Maybe for every yahrzeit of Malki I'll write something, but that's about it.

"And they were both murdered by the very same group, the very same haters of us, Hamas. How about that? Twenty-three years later, they were just as vicious, and hateful, and powerful as they were then.

"Nothing changed, nothing."

In conclusion

Arnold Roth does not live in a bubble. He had positive personal experiences with Jordan before Malki's murder.

"I used to do business in Jordan. In the late 1990s I led a technology venture for one of Israel's best-known hi-tech conglomerates and traveled twice to Jordan to discuss with Jordanian entrepreneurs the development of a joint venture there. I visited several times in the late 1990s to develop business ties – they have nice people, lots of unrealized potential in technology business, also lots of need."

Since Israel released Tamimi and the Jordanian government is not cooperative, the Roths continue to bring pressure on US officials to extradite this terrorist, who continues to thrive and be emulated in the Arab world, while still hoping American Jewish leaders and organizations will help in this mission.

Arnold said, "When Frimet and I write or meet with people, it's never about us seeking sympathy or balm for our wounds. We believe in American justice as a precious value, and we see it being trampled in front of our eyes. It's a disgrace that it falls to us – bereaved parents of an American child – to be the ones left to press the politicians and the officials to assert US rights, to stand up for US justice, to make law enforcement happen.

"We have real lives, a solid marriage, lovely children and grandchildren to warm our lives. We live productively, and have created and now manage an effective charity in Malki's name – the Malki Foundation – that does good every day. And we have made our home in Jerusalem with family living close by. We're content.

"And yes, we are passionate about justice – just justice. And to be painfully clear about this, on our own, we can't make it happen. It's disappointing to acknowledge how hard getting help has been and still is."

Frimet added, "Tamimi remains free. She has never seen the inside of a US courtroom.

"Our life's mission is to make that happen."

Arnold: "This is not about vengeance, but entirely about seeing justice done."

Some final questions

Will the US government be "deaf to the voice of justice," as it accused its "British brethren" in the Declaration of Independence? Or will it prove once and for all that it really does consider all its citizens equal?

Halevai – may it be so – that Malki Roth's case will be the landmark case that changes the way the US Department of Justice operates in this realm.

Will organizational Jewish leaders worldwide – who view themselves as part of the "*Am Yisrael hai*" community – pick up the gauntlet?

The Sbarro terror attack happened on the watch of prime minister Ariel Sharon (Likud). The extreme increase in terrorism started after the signing of the Oslo Accords, under prime minister Yitzhak Rabin (Labor). Ahlam Tamimi was released to Jordan in the Schalit deal conducted by Prime Minister Binyamin Netanyahu (Likud). Terrorists with blood on their hands are heroes elsewhere throughout the Arab world.

There is enough responsibility for the major political parties to share.

Will Israel's leaders rethink what they did or did not do in the past, and find a better way?

We are in the Hebrew month of Elul, a time of introspection and *teshuva* – repentance.

If not now, when? ■

The writer is an award-winning journalist and theater director and the co-founder and editor of WholeFamily.com. Her current theater project is Heroines! Songs & Soliloquies for the Soul *with Raise Your Spirits Theatre, about heroic women of Oct. 7.*

When duty calls again

How extended reserve duty periods are affecting Israeli marriages

PSYCH TALK
DR. MIKE GROPPER

A RESERVIST kisses his wife goodbye as he leaves for duty, in Jerusalem, May 5. (Flash90)

After months of reserve duty, Maya imagined her husband Eitan's return would feel like a special homecoming.

She pictured his warmth, the shared jokes, and the easy rhythm of two people who know each other deeply.

Instead, she found herself surprised by how quiet he was. He was not only not talkative but almost unfamiliar.

Eitan, meanwhile, felt unsettled by how Maya had managed everything alone, all the kids' schedules, dealing with the finances, and things around the house.

Finally, they were under the same roof, but both felt strangely alone.

The experiences of Maya and Eitan reflect a pattern I have seen often in my clinic emerging across Israel since Oct. 7. Many partners have spent months, and some nearly more than a year, in extended reserve duty periods. Couples are discovering that returning to "normal" life is far more complex than simply coming home.

Israeli research strongly reflects what couples like Maya and Eitan are living through. A 2024 study, published in *Archives of Sexual Behavior*, of couples during the current war found that wartime stress sharply reduces sexual well-being and emotional closeness.

This isn't just an academic finding; it's the emotional reality many partners describe when they sit across from me and try to understand why they are having trouble connecting.

A more recent 2026 Israeli study, led by Kapel Lev Ari, R. et al., in *Psychological Trauma* found that reunited couples function in "two different emotional systems." One partner returned shaped by danger and hypervigilance, while the other spent months carrying the full weight of home life alone.

What surprised the researchers – and what I frequently see – is that the partner at home often shows even higher levels of PTSD, depression, anxiety, and stress. Their nervous system has been overloaded with chronic worry and uncertainty. And the at-home partner's stress level doesn't end the moment their partner walks through the door.

The study also found something very hopeful. Using techniques of self-compassion protects the partner at home. Those who can look at suffering with kindness rather than harsh self-criticism showed significantly lower PTSD, depression, and anxiety. In other words, how gently we speak to ourselves matters, especially in times of prolonged strain.

The survival brain vs the connected brain

Under prolonged stress, the brain shifts into survival mode: fight, flight, or freeze. This state is protective and necessary, but intimacy needs openness, vulnerability, and slowing down.

Eitan's nervous system adapted to danger, while Maya's adapted to carrying everything alone. When they reunited, their bodies were still living in different emotional states. They didn't realize that reintegration is a process, and that what they were feeling was normal, expected, and temporary.

Common post-reserve duty challenges

The comparison trap

Couples often begin silently scoring who suffered more. The partner who was away may feel misunderstood, while the partner who stayed home may feel invisible.

Resentment can be sparked over small things like washing dishes, bedtime routines, or how quickly one partner "should" be adjusting.

Emotional guarding

> *Their bodies were still living in different emotional states*

Many couples avoid sharing deeper feelings for fear of burdening each other. They stick to logistics like bills, schedules, errands. This keeps the peace but starves the relationship.

Resentful independence

Extended reserve duty periods push couples into separate emotional worlds. The partner at home becomes highly capable, while the partner who is on reserve duty adapts to functioning independently in a demanding environment.

When they reunite, these adaptations clash. The returning partner may feel unnecessary. And the partner at home may guard the independence that was hard to develop or may feel overwhelmed and shift all responsibility back to the returning partner. This friction isn't a sign of trouble, but rather is the natural process of the two finding their way back to each other.

The way back: Five therapist-backed strategies

Rebuilding intimacy after long separations isn't about undoing what happened. It's about recognizing that reintegration is a process that requires partners to move toward each other, slowly and deliberately.

1. Lower the bar for conversation

Start with 10-minute check-ins. No advice, no problem-solving; rather, just listen. This gentle rhythm helps the nervous system relearn the connection.

2. Prioritize nonsexual touch

Long hugs, holding hands, or sitting close send powerful signals that danger has passed.

3. Acknowledge the two realities

Validation of the other can undo the resentment. Use phrases like "I know it was incredibly hard for you here," "I know it was frightening and exhausting for you out there."

4. Schedule micro dates

Short walks or quick coffees help partners reconnect gradually and rebuild emotional availability.

5. Teach self-compassion

Therapists guide people to notice difficult feelings without judgment and respond to themselves with the same kindness they would offer someone they love.

Maya and Eitan's turning point came not from a dramatic conversation but from a quiet evening on the balcony, sharing tea and 10 minutes of gentle words. It was small, but enough to begin closing the distance.

Rebuilding intimacy isn't about rushing back to who you were before. It's about discovering who you are now, and allowing yourselves to step, slowly and compassionately, out of survival mode and back into partnership. ■

The writer is a psychotherapist with over 40 years of experience helping individuals and couples navigate stress, trauma, and complex emotional challenges. He works extensively with Israeli couples facing extended reserve duty periods and wartime pressure, with many of his clients being olim. *drmikegropper@gmail.com*

VOICES FROM THE ARAB PRESS

A weekly selection of opinions and analyses from the Arab media around the world

COMPILED BY THE MEDIA LINE

TURKISH NAVY FORCES aboard the TCG Gaziantep (F-490), a guided-missile frigate, ahead of launch of drilling vessel 'Cagri Bey,' set to conduct Turkey's first deep-sea drilling operation in the Indian Ocean near the Mogadishu seaport, in Somalia, April 10. (Feisal Omar/Reuters)

MECCA AGREEMENT CHANGES THE EQUATION

Asharq al-Awsat, UK, August 15

The trilateral Saudi-Turkish-Pakistani defense agreement, more than a year in the making, sends a clear message: threatening the security of the Gulf ultimately means threatening the security of the entire region.

The signatories have chosen to act because they believe the region must move toward progress and away from chaos.

The agreement is significant in its form, timing, and location. It was signed in Mecca, conveying, as the Gulf saying goes, that the matter has fully matured and that there is no longer room to accept the current reality of destructive wars. Iran must understand that its expansionist project is surrounded by increasingly irrational assumptions.

Collectively, the three signatories possess formidable resources and capabilities, with combined GDP estimated at $3.3 trillion. Pakistan overlooks the Arabian Sea, while Turkey's presence in Somalia gives it access to the Red Sea. All three wield significant economic and international influence.

Turkey hosted a NATO meeting only weeks ago, while Pakistan played an active mediating role between Iran and the United States because it is accepted by both sides: it is not an enemy of the regime in Tehran, and Turkey's relationship with Iran is not hostile either. Yet the persistent threat to Gulf states has convinced all three that the risks have become too great. The message to Tehran is that relations and interests with Iran cannot take precedence over Gulf security, and that continued threats to the region are no longer acceptable.

Together with the earlier multinational Red Sea defense coalition, signed by 14 states and open to others, the new agreement effectively completes a circle of deterrence. Saudi Arabia has achieved something many international strategists have long advocated: surrounding adversaries with friends. This leaves hostile actors with less room to maneuver, whether in the Red Sea and Bab al-Mandab or in the Gulf basin.

Regional powers have grown weary of the Iranian regime's

The clearest message is that Iran must seriously reconsider its dream of reshaping the Middle East according to its own preferences, regardless of how Tehran chooses to portray these strategic agreements. Iran's expansionist ambition is deeply destabilizing. Regional powers have grown weary of the Iranian regime's chronic confrontations with its surroundings, and enough is enough.

Iranian society itself has been exhausted by the effort to market a political product that few accept. Iranians have taken to the streets repeatedly, at enormous personal cost, to say that what is happening is not only irrational but unacceptable. The Iranian opposition, in all its forms inside and outside the country, is growing, while the economy is close to collapse.

Long and difficult efforts have been made to reach settlements with Tehran, but agreements are repeatedly signed – even through major powers friendly to Iran – and then violated for one reason or another. Some blame the multiplicity of decision-making centers inside the system; others point to ideological rigidity rooted in a closed sectarian political doctrine that has produced a political mentality out of step with the age.

Whatever the cause, the outcome is the same: widespread destruction and chaos across the region, and most recently severe damage to the global economy.

Many countries and societies have passed through a revolutionary phase, only to discover that revolutionary conditions cannot last forever and that practical realities eventually force accommodation with the surrounding world. The Soviet Union and China are modern examples, alongside many others in history.

Yet after nearly half a century, Iran still refuses to acknowledge that its ideology is fundamentally unacceptable and resembles a mirage: the closer it believes it is getting, the farther away it recedes.

Tehran now faces a simple choice: change its behavior, respect its neighbors, and learn to coexist.

My final thought is this: we are still waiting for Iran to shake off the dust of the past and live among its neighbors in peace and goodwill. – *Mohammed al-Rumaihi* ■

Translated by Asaf Zilberfarb. All assertions, opinions, facts, and information presented in these articles are the sole responsibility of their respective authors and are not necessarily those of The Media Line, which assumes no responsibility for their content.

Scents and sunscreens

• NERIA BARR

At this point in August, when patience is thin and only the genuinely useful or the truly delightful make the cut, let's look for a few quiet upgrades before the holiday craze officially begins.

Milking almonds

Twenty years ago, hunting for dairy alternatives for my lactose-sensitive grandchildren meant very poor choices, mostly based on soy. The category has grown up since. So have the grandchildren.

(Yossi Mor)

Now Gad, after decades of crafting excellent cheeses, has launched Feel Gad, a line of 11 plant-based products. The cream cheese-style spread is built on the texture of their New York cream cheese, and texture is where these things usually collapse, so that is the right place to start.

There's also garlic and dill, a labneh with olive oil and za'atar, almond-based Greek yogurts, and three drinks, including an oat-cashew blend, a first here. The desserts are where someone was clearly having fun: a coconut-almond Malabi that comes as a kit with rose syrup and peanut chips (yummy), and a mango sticky rice, a wonderful dessert after a weekday dinner (parve!).

Available in supermarkets and food stores around the country. gad.co.il

(Photos: Companies mentioned)

Matcha match

I follow trends to stay with the younger crowds, but the matcha trend didn't resonate with me. There's only so much I will do for my health, and I like my supply of caffeine to come from a delicious cup of freshly ground, perfectly roasted coffee.

But now PerfectTed, a British matcha brand, has teamed up with Vaniglia, and the result is matcha ice cream. They have used the good powder, the kind meant for drinking rather than baking, and it shows: rich, green, and balanced, with a properly velvety texture.

This is the version of the trend I can get behind, because it is actually good and not merely photogenic. There are three shakes too, made at the counter, graded by how much matcha you actually want. Mango is the tropical one, coffee is the serious one, and dulce de leche is barely matcha at all. Limited edition.

NIS 22 a cup, NIS 72 for half a kilo, and NIS 118 a kilo; shakes NIS 36. At Vaniglia branches nationwide. Kashrut: Badatz Beit Yosef. vaniglia.co.il

Take a number

(Daria Kuzmina)

PARFA is a new Israeli scent house whose perfumes have no names, only numbers. 317 is wild grass with a soft touch of fig. 309 is citrus peel with soft, earthy woods. 308 is clean as new paper, minimal, pale wood, dry and elegant. 305 is dry spices, white pepper, and lavender. 303 is sweet tobacco with vanilla, soft woods, and a hint of citrus.

They are fresh, herby, woody, and earthy; some open with a burst of citrus, which can be the right register for this climate. Unisex, and genuinely so, they are perfect for a holiday – or even a pretended one at home.

The essences are blended in Grasse, France, and finished here. Amber glass and brown kraft packaging add to the wholesome feeling of the whole thing. PARFA also offers body oils and creams, candles, diffusers, liquid soap, shower gel, and solid bars.

NIS 39-449. PARFA, 93 Dizengoff St. and 28 Shenkin St., Tel Aviv, parfa.co.il

Delightful

Doctor's orders: sunscreen every day, all year, no negotiating. I've been doing this for a while, and now I'm going through the items at a rate that requires restocking.

By mid-August, I am on my third bottle and getting frustrated with the ones that sit on your face like paint. GA-DE's new Revitality is an SPF 50 moisturizer, vegan, and very light, and it disappears on every skin tone without the white cast. It is water- and sweat-resistant.

The clever bit is Vita D-Light, from shiitake mushrooms, which the brand says mimics what sunlight does for you, while the SPF blocks the sun's damage. The niacinamide in the sunscreen helps with pigmentation, and the glutathione serves as an antioxidant. Use in the morning as the last step before makeup.

NIS 259 at selected pharm chains and gade.co.il

Hanging on a thread

(Keith Glassman)

Hair care has worked its way through argan oil, keratin, rice water, and onion. It has now arrived at the spice rack. REDEFINE's new line is built on saffron, the stuff you count out in threads for a rice dish and guard like a small jewel, and which now turns up in a bottle you leave on the shower floor.

At NIS 39-55, obviously, there isn't much of it in there. The pitch is the antioxidants, crocin and safranal, coupled with castor oil for the scalp. REDEFINE's new line included four pieces: shampoo, a mask, a leave-in mask, and a serum. Nothing promises miracles. It nourishes, softens, and leaves it there, which, after the last few years of hair-care claims, is almost restful.

NIS 39-55, at Super-Pharm, Be Pharm, Lior Adika, and redefine-hair.com

Basic training

August means enlistment, which means many 18-year-olds, an open duffel bag, and a family arguing about socks. The army supplies less than people assume. Dr. Fischer has put together a list, and since most of it involves running around in this heat, the useful part is what stops skin from giving up.

The shortlist for the bag: The Ultrasol face stick SPF 50+, a transparent, no white marks, water-resistant, made for moving rather than lying still sunscreen; and Easy Wash body wipes, large and thick, for days without a shower, with sage oil and aloe, holding off body odor for 24 hours.

Further, the bag contains Alco-Gel wipes, 70% alcohol, for hands when soap and water are theoretical; Pedisol cream against chafing, the affliction nobody warns recruits about until it is too late; Three-in-one shampoo and body wash – one bottle for hair, face, and body – because nobody is unpacking a routine in a communal shower; Eye Care wipes, individually wrapped, for dust and long days.

Available at pharmacy chains and dr-fischer.co.il

Half of Israel is in Mykonos

MYKONOS VIEWS: Clear waters, yachts. (Photos: Shanna Fuld)

• SHANNA FULD

There is a particular sound that follows you around Mykonos this time of year, and it isn't the bouzouki coming out of a taverna. It's Hebrew. It's everywhere – between the thumps of house music at the popular Scorpios beachfront restaurant and club, when queued up for a Freddo espresso, or doing a cash negotiation and Google review for a host's sunbed.

I came to Mykonos hoping to write a story about magical summer nights, but only one thing I expected was true – half of Israel, it seems, really is in Mykonos.

I admit I arrived without an angle. I had a hunch – Israelis are flocking to Mykonos, and someone should write about it. There are new seasonal daily, direct flights to Mykonos leaving Tel Aviv, with Bluebird Airways and Arkia each running nonstop flights that are less than two hours in the air. El Al is now layering in a couple more routes a week on top of that.

So it's never been easier to get to Mykonos, which may explain why so many Israelis are jumping at the opportunity to go there. Or, as one Israeli tourist put it, some rich Israelis simply need a place to empty their wallets. Mykonos, with its €150 beach beds and €240 for a whole fish (yes, you read that right!), is a place that can help you do that.

Mykonos isn't the top Greek draw for Israelis. Athens, Crete, and Corfu all pull more traffic, with direct flights from Tel Aviv also heading to Santorini, Rhodes, Thessaloniki, Kefalonia, and Lefkada. But for the summer party crowd, Mykonos is the winner.

A round-trip ticket currently averages around NIS 1,270-NIS 1,800 in peak months, with July and August the priciest stretch of the year, dropping noticeably once September hits. The whole island becomes desolate during the winter, taxi drivers told me.

In addition to the profusion of Israelis, I met Italians, Bosnians, Albanians, Swedes, and a fair number of British tourists. Americans were at the bottom of the list, with one Yankee Doodle saying he was surprised that he only met a few Americans on the island.

But there was one through-line that did not discriminate: the silicon, filler, fillers, and more filler. I have never seen so much visible plastic surgery in one concentrated square kilometer. Lips, cheekbones, breasts, bottoms – and if attention was the goal of these procedures, consumers were rewarded for it in Mykonos.

I HAD BEEN hoping to meet some friendly Israelis for my article, and on Cavo Psarou Mykonos (my favorite, low-key, reasonably priced beach club), I found Ilanit and her crew sprawled on the sand, sun-drunk and unbothered.

With my new Greek bikini on, I dropped into the semi-circle and asked my questions. The middle-aged women from Holon were on a classic girls' weekend: beach clubs, sun, shopping, then repeat. But when I pushed them on whether hearing Hebrew everywhere defeated the point of leaving Israel, I heard something different than what I expected: There's a sense of comfort in it.

Effie, on her first trip to the island, was enthusiastic: "It's the perfect place," she said. "I'd live here if I could."

Her favorite spot so far had been the restaurant extraordinaire Scorpios. She also was simply enjoying the water and the Greek sun. When asked about the food, the mood shifted. Everything's expensive, she said, and half the time there wasn't time to eat because of all the constant partying.

Someone in Effie's group cut into the interview urgently to share something – the women were on a trip with their fitness trainer, who gave the group of 10 a list of foods that were off the table. "Strong is the new skinny," said the culprit, Yael Buchacho.

I returned to the same beach club two days later to find another group of Israeli women enjoying the water. I jumped in and struck up a conversation. One of them commented on my Star of David necklace.

"Do you feel antisemitism here?" I asked.

"No. If anything, it's the opposite. The locals know that Israelis spend. I think they appreciate the business," said a woman from Eilat.

I would beg to differ. I got my own preview of the local mood at, of all places, the Longchamp store. I was mid-transaction, filling out the paperwork for my VAT tax refund, when the saleswoman decided she had some things to get off her chest.

Israelis' behavior used to be much worse, she told me, totally unprompted. They've improved in the last few years, she said. But she still doesn't like them, and really doesn't like that they're "buying up half the real estate on the island."

She rang up my bag without missing a beat, pleasant as ever, like she hadn't just told an Israeli journalist working on a Mykonos story that she merely tolerates us.

ELLA, 24, had just hung up a loud phone call in Hebrew as we both walked out of a boutique in Mykonos town, and I asked

ISRAELI WOMEN enjoy Cabo Psarou Mykonos beach club.

if I could join her as she headed to her next stop. She said that has been coming to Mykonos with her friends for the last several summers. When I asked why Mykonos specifically, she didn't overthink it.

"It's nonstop; it's just pure fun. We don't sleep. We only go out," she said. "We don't come here for the shopping. I go to Europe for that."

Some famous Israeli faces, accompanied by their security detail, were spotted throughout the streets of Mykonos during the evening hours. It seemed like half of Israel really was in Mykonos this summer – even those in the political sphere.

Scorpios is, as advertised, a crucial stop. I just wish we'd gotten there earlier than dinner hour, because there's so much to do in this one, sprawling venue. Entering Scorpios is a journey, and you'll likely wait in line before being guided to your seat. The waiters were enthusiastic, and the food was excellent.

While we dined, people were already partying down below on the beachside dance floor. Trendy and inspired DJs lit the area up with energy. There was enough space for partygoers to surround the DJ booth. This party closes at an early 12 a.m., which is totally opposite from the rest of the island's party culture, which only just begins at 1 a.m.

Roka, the new sister restaurant to the Zuma Japanese eatery, might be the single most beautiful outdoor space I ate in all summer, with a view worth a million euros.

Mykonos's town itself, meanwhile, buzzes at nightfall, with pubs and venues on every block. It felt young and reckless. I noticed undercover security in the alleys – probably there to break up any potential drunken fights, which I did not see even once. Shops are open until 3 a.m. to cater to nightlife shoppers.

MY TRIP UP the mountain, which I was glad I made on foot, wasn't to a restaurant or a beach club – it was to the Chabad of Mykonos.

I swapped overpriced margaritas at the beach club with my non-Jewish friends for a place to exhale and remember my reality and identity. I thought of myself as a Maccabee, praying amid Greek culture. Shacharit on Shabbat begins at 10:30 a.m. (I assume that is to give some party people a few hours of shut-eye), and concludes by midday.

This Chabad is located in a hotel breakfast area with a view that rivaled many high-end hot spots. Praying there was awesome. There was a mix of French, American, and Israeli travelers, with a rabbi who spoke those languages. Services were conducted in Hebrew. Was that due to the volume of Israeli tourists, or to Mykonos's proximity to Israel?

Lunch was plentiful and traditional: Moroccan fish, an assortment of salads, cholent, and schnitzel.

The Greek olives on tables throughout the island were excellent. I rank global olive tastiness, with Greece taking the #1 spot and Israel #2.

The highlight of my trip was seeing my best friend since age five. We spent her birthday together at the Grotto restaurant, eating €240 fish and getting splashed by the sea. We laughed, couldn't finish the large, overpriced fish, and sat with our espresso martinis, passing the time until we headed for Club Paradiso at 1 a.m. to see English DJ and TV personality Joel Corry. We arrived at 12:30 a.m. and waited until 2:45 a.m. to see this headliner come on.

Upon my return to Tel Aviv, a city that has plenty of partying itself, two things happened: I spent an entire week catching up on sleep, and digesting a Foreign Ministry travel alert. Israelis in Greece were advised to lie low ahead of a pro-Palestinian "day of rage," with protests planned at dozens of sites across the country, and a recommendation to keep Israeli and Jewish identifying symbols discreet.

The warning, which covered all of Greece, felt surreal after a weekend of fun and a sense of summertime belonging. For a few days, you can trade sirens (or ghost sirens) and impending war headlines for DJs, Greek olives, and expensive fish. It turned out that Athens's Syntagma Square, ground zero for the pro-Palestinian protests on the mainland, drew what organizers might generously call "a few hundred people."

Mykonos didn't rage. It just kept the music going, and kept people like Ella and Ilanit busy from morning till morning, dancing and taking in the sun. I wonder if they were still in Mykonos and if they had gotten the memo about being discreet. ■

MYKONOS TOWN with its famous windmills. (Illustrative; Shutterstock)

Mykonos itinerary – hot spots and takeaways

• The Scorpios restaurant and beach club: This is a must. I wish I had arrived even earlier than dinner time. Get there by 4 or 5 p.m.

• Roka: A brand-new restaurant, and the sister of the Zuma Japanese eatery, was the most beautiful place, with a stunning view that made me feel feminine and fancy. A highlight.

• The town of Mykonos, by night: One night is more than enough here. Young and reckless vibes. Organize other venues for the rest of your nights.

• Chabad of Mykonos: A great way to get in touch with your identity and spirituality amid an island that is full of silicon and booze. Also has incredible views! Praying there was perfect, and the food was plentiful. €55-€60

• Kalua Beach Bar Restaurant: A party and beach scene all in one, and cheaper than other beach clubs. Live entertainment throughout the afternoon. Party next to the bar, and rest on the beds. €85

• Cavo Paradiso: Super well-run. Bar and bathrooms accessible, good DJs, plus fireworks! Book tickets for shows/DJs instead of wandering aimlessly through the town at night.

• Pro-tip: Next to Nammos beach (€150 a chair) are two beach clubs. Cavo Psarou Mykonos was my favorite spot – €30-€50 a chair, great food, excellent drinks, no-nonsense, good customer service, chill music so you can actually relax. I loved this place and even came back alone. There's a guy who sells cute beach cover-ups and dresses there. Bring cash and save money on similar items that can be upward of twice the price in town.

• Pro-tip: Save money by taking a bus for €2.20 to all of these places from "Fabrika" in town, instead of paying a taxi fare of €35-€42 per ride.

• Last thing: Freddo espressos, all day.

– S.F.

No politics. No divisions. Just 'Am Yisrael Chai'

Colel Chabad plans to invest $18 million this High Holy Day season

• JERUSALEM POST STAFF

VOLUNTEERS AT Colel Chabad's Pantry Packers prepare food packages for distribution to families in need across Israel.
(Photos: Colel Chabad)

A few days before Rosh Hashanah, Rivka, an elderly Holocaust survivor in Israel, will hear a knock at her door. She may live alone. She may have no family nearby to prepare the High Holy Days with her. But at her door will be a warm holiday meal, delivered with a smile and a simple message: You are not alone. You are not forgotten. The Jewish people remember you.

At the same time, elsewhere in Israel, a reservist who has spent hundreds of days away from his family and livelihood will receive a food card with NIS 1,000 on it to help put food on his family's festival table. A widow will receive assistance to help her prepare the holiday for her children. A struggling mother will walk into a supermarket with a food card that allows her to shop for Rosh Hashanah with dignity – choosing what her family needs rather than accepting whatever is available.

Colel Chabad is preparing what is set to be the single-largest High Holiday humanitarian undertaking in its history

Behind each delivery is one person. One family. One table. But together, they represent something unprecedented. In its largest single High Holy Day season undertaking to date, Colel Chabad is investing more than $18 million to bring food, dignity, and the joy of the holidays to more than 150,000 households and individuals across Israel, while connecting Jews throughout the Diaspora to those in need.

To achieve this ambitious goal, the organization is partnering with the Israeli government, the International Fellowship of Christians and Jews (IFCJ), the Claims Conference, Leket Israel, and other nonprofits.

As Jews around the world prepare to usher in 5787, the Jewish people living in the State of Israel are entering the new year carrying the weight of the previous years, unlike any in recent memory.

Families are struggling economically. Reservists and their families continue to bear enormous burdens, both physically and emotionally. Thousands of elderly Israelis and Holocaust survivors live with poverty and loneliness. Widows and orphans are rebuilding lives shattered by war and terror. And many soldiers are returning home with wounds that cannot always be seen.

At the same time, the Jewish people face another challenge: division – an extremely divisive and polarizing election season.

AGAINST THAT backdrop, Colel Chabad is preparing what is expected to be the largest-single High Holy Day season humanitarian undertaking in its history. The effort will reach virtually every sector of Israeli society.

Tens of thousands of struggling families will receive food assistance and supermarket cards. Thousands of elderly Israelis and Holocaust survivors will receive food packages, hot cooked meals, and Meals on Wheels deliveries. Families with infants will receive baby formula. Widows and orphans will receive festive holiday clothing, gifts, lulavim and etrogim, and assistance preparing their homes and sukkot for the holiday.

DEVORAH D., a resident at Colel Chabad's Beis Finger rehabilitation center for people with disabilities in Jerusalem.

Special attention is also being given to IDF soldiers, reservists, and families dealing with trauma and financial hardship – people whose lives and livelihoods have been profoundly disrupted by years of war and military service.

The scale of the campaign tells only part of the story. At its heart is an idea Colel Chabad has championed for generations: the Jewish people are strongest when we recognize that we are one people.

Israel is heading toward another politically charged period. Debates are

RABBI EFRAIM DUCHMAN of Colel Chabad walks alongside an IDF soldier during one of the organization's wartime support initiatives.

HOME VISIT: Volunteer arrives as part of the organization's Meals on Wheels initiative for vulnerable Israelis.

becoming louder. Differences between religious and secular, Right and Left, Israel and the Diaspora can sometimes appear greater than what unites us.

Colel Chabad offers another answer.

A food package does not ask how someone votes. A hot meal delivered to a Holocaust survivor does not inquire about religious observance. A supermarket card given to a struggling reservist's family does not distinguish between Right and Left. A widow preparing for Sukkot does not need to belong to a particular community to know that the Jewish people stand beside her. This is *Ahavat Yisrael* – love of one's fellow Jew – translated into action.

THE IDEA is not new.

This year marks 249 years since one of the earliest organized hassidic aliyot reached the Land of Israel. On 5 Elul 5537, on September 9, 1777, some 300 hassidim, led by Rabbi Menachem Mendel of Vitebsk, arrived in the Land of Israel. Rabbi Schneur Zalman of Liadi, who would become the first rebbe of Chabad and the author of the *Tanya* – the foundational book of Chabad-Lubavitch hassidic philosophy – had originally joined their journey.

Under pressure from his colleagues, he ultimately remained behind in Eastern Europe, but he never abandoned those who had made their homes in the Holy Land. Instead, he devoted enormous effort to raising funds from Jewish communities abroad to sustain them.

Eleven years later, in 1788, that commitment was institutionalized with the establishment of Colel Chabad. The principle was remarkably simple: A Jew living thousands of miles away could have a direct responsibility for the welfare of a fellow Jew living in the Land of Israel.

The methods have changed dramatically, but for 238 years, that chain has never been broken. Coins placed into tzedakah boxes (*pushkes*) in small European villages have become sophisticated national food-security programs, supermarket cards, logistics centers, Meals on Wheels routes, and humanitarian networks that reach across Israel.

But the principle remains the same. A Jew helps another Jew. And in doing so, distance disappears. This High Holy Day season, the historic relationship between Israel and the Diaspora is taking on unprecedented dimensions.

Jews around the world will help put food onto the tables of families in Jerusalem, Safed, Tiberias, Beersheba, and communities throughout Israel. They will help an elderly Holocaust survivor welcome the new year with dignity. They will stand behind a reservist who has sacrificed months of work and family life to defend the country. They will bring joy to widows and children who have experienced unimaginable loss.

The Jewish people are strongest when we recognize that we are one people.

It is not simply charity. It is Jewish unity made tangible.

The Lubavitcher Rebbe repeatedly taught that the unity of the Jewish people is not merely an inspiring ideal. It is one of our greatest sources of strength.

"During times like these, it is easy to focus on what divides us," says Rabbi Sholom Duchman, director of Colel Chabad. "But when a Jewish family does not have food for the holiday, nobody asks them how they vote, where they come from, or how observant they are. They are part of our family.

"For 238 years, that has been the mission of Colel Chabad – one Jew taking responsibility for another. During the Hebrew month of Tishrei, we are undertaking that responsibility on a scale we have never attempted before."

A COLEL CHABAD VOLUNTEER visits an elderly Israeli as part of the organization's programs supporting seniors and Holocaust survivors.

THAT MESSAGE carries particular urgency today.

At a moment when antisemitism is again confronting Jewish communities throughout the world, and when internal disagreements threaten to pull Jews apart, perhaps one of the most powerful responses is also one of the simplest: taking care of one another.

For nearly two and a half centuries, Chabad's connection to the Land of Israel has been expressed through precisely that responsibility.

This Rosh Hashanah, it will be expressed on a scale never before attempted – more than $18 million. More than 150,000 households and individuals. Jews from every background. Communities across Israel. Support from Jews throughout the world. Different opinions. Different lifestyles. Different languages. Different countries. One people. One responsibility. One Tishrei.

May the coming year bring blessings and security to the people of Israel and Jewish communities throughout the Diaspora. And may the acts of kindness that unite us prove stronger than all the forces attempting to divide us.

Visit Colelchabad.org/JPost to help bring the holiday joy to widows, the elderly, and IDF families in Israel.

This article was written in cooperation with Colel Chabad.

RISA BROOKE OZE at 'Kat World.' With 'Meow York Times Mourns the Demise of Khatmeini' illustrating propaganda's strange glamour. (Photos: Yaakov Blumenthal)

'Kat World'

Artist Risa Brooke Oze brings her whiskered satire to Nahalat Binyamin

• ERICA SCHACHNE

On a typically sizzling summer weeknight, the bar-and-restaurant strip of Tel Aviv's historic Nahalat Binyamin near the Carmel Shuk got a little more colorful – and a lot more feline. Friends and admirers packed in to see the latest paintings from mixed-media artist Risa Brooke Oze, whose series *Kat World* turns Israelis' daily life during wartime into a satirical pop-art universe, narrated entirely by cats.

Oze's signature style filters big, uncomfortable themes through a distinctly feminine lens – bright, playful, and unmistakably her own. Oze has already exhibited other work in New York, before bringing the cat showcase to Tel Aviv-Jaffa through the middle of August. She is currently showing in a group exhibition at Zielinski & Rozen on Dizengoff Square, and her paintings are held in private collections around the world.

Oze herself, a longtime friend, is as vivid as the work she makes – bright, magnetic, and clearly well-traveled. She's called the ooh-la-la corner of New York City's Gramercy Park home and has made her way out to the Black Rock Desert in Nevada for Burning Man, the sprawling art-and-desert gathering that draws free spirits from across the globe.

That mix of downtown polish and dust-on-your-boots adventure shows up everywhere in *Kat World* – a show that's as worldly as its creator.

'The kat is the commenter the news forgot to hire'

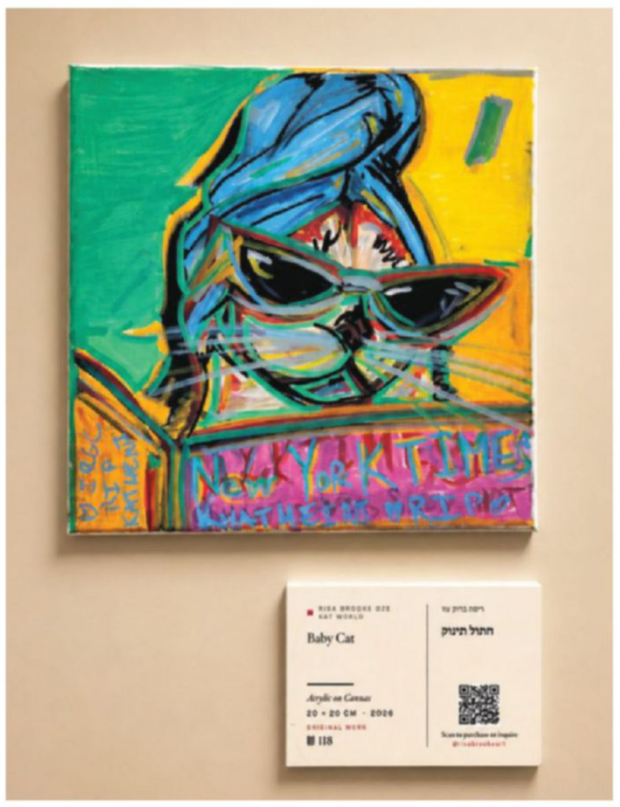
That's the tagline for the show, and it's the whole thesis in one line.

In Oze's own words: *Kat World* is a pop-art universe seen through the eyes of the cat underworld – the ubiquitous Israeli feline.

In robe and vintage curlers, she reads the *Meow York Times* while it eulogizes war criminals, and reclines in a bomb shelter with a glass of *vino*, because this is just another Tuesday in Tel Aviv. It's pop art as a weapon – funny, because the alternative is unbearable to contemplate.

The whole series was made during the last war with Iran, and it's full of local in-jokes: "*Meow York Times* Mourns the Demise of Khatmeini," "Azaka [Siren] in the Café (Cat Runs Away)," and more.

Oze's cats are stand-ins for the rest of us – watching politics and pop culture collide in real time, reacting with the kind of deadpan disbelief that a straight news broadcast can't quite capture. It's pop art as a weapon, aimed gently and humorously.



Clockwise from top L:
'THE CATNESSET in War': Paw-litical circus.
'KATERINA': KITTENISH muse in molten pinks and golds – Tel Aviv's puss in slippers rather than boots.
'BABY CAT': Compact pop object with turban, attitude, and energy. So purrfect I purchased it!
'AZAKA IN THE CAFE' (Cat Runs Away): Coffee, phone, sunglasses, and sudden motion.

PASTA ALA BRAVA. (Coby Shalev)

Wined & dined: Brava Gente does the honors

The exhibition took place in Brava Gente (known as Barbara in Hebrew) – and the restaurant didn't just host; it fed the whole party in style.

The vibe: Urban meets Europe in a chef-driven restaurant and wine bar – putting you in the center of the action while giving you permission to relax; music is pumped up on weekends

Wine: Ya'acov Oryah chenin blanc – crisp boutique perfection, certified kosher (plus cocktails: a custom riff on an Aperol spritz, mixed in honor of my go-to order)

Mains: Mediterranean-inspired sharing plates for the table. Of note: pistachio pasta, plus a sweet potato-cheese concoction that had us going back for seconds

Dessert: Cookielida, of course – a crumble cookie paired with vanilla chocolate-chip ice cream

Good art, good wine, and a gaggle of people who came for the cats and stayed for the brûlée.

Brava Gente: 45 Nahalat Binyamin, Tel Aviv
Not kosher. Kosher wines on menu.
On Instagram: @bravatlv (in Hebrew)

Among the works on view was "The Catnesset in War" – Oze's furred send-up of Israel's parliament, and something of a centerpiece for the evening. With a Knesset full of paw-liticians (my pun) with claws bared, the piece turns national crisis into absurd theater – where everyone is still arguing, scrolling, and surviving under a pink-purple sky.

Sharp, chaotic, hilarious, and exhausted: That's Israel for you.

The room's verdict came fast: One of the paintings sold on the spot, to a buyer who could barely wait to get it home and on their bedroom wall (confidential: buyer was me and hubby Coby, who dug it just as much).

A very Tel Aviv opening

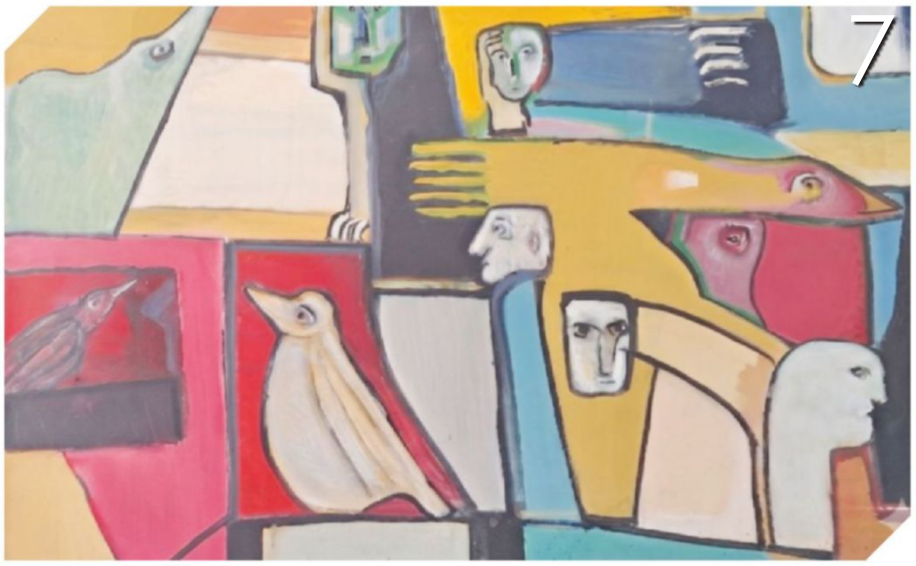
The crowd was the kind that only a good gallery night pulls together – friends who'd made the trip from Jerusalem and Modi'in alongside White City regulars, all mixing on the *midrachov* (pedestrian sidewalk) and spilling into the restaurant as the evening failed to cool down. Special mention goes to Rebecca, who came with her dog Stevie in tow, instantly the most photographed guest of the night who wasn't framed on a wall.

The ongoing war and all its ramifications have been hell – but as glasses were raised, by the end of the night it was clear *Kat World* had done what good satire is supposed to do: made a room full of people – including Oze's sister Shira, hours before a flight to Paris – laugh at something they'd otherwise have to process in private. ■

See Oze's art for yourself:
www.risaozeart.com;
Instagram @risabrookeart
Contact her to get on the newsletter list:
risa.oze@gmail.com

Coby Shalev contributed to this article.

'TZIPORELLA' SHOW for children. (Amit Acheven)



PAINTING & SCULPTURE by Alex Erez. (Courtesy Alex Erez)

Past and present

Ten reasons to go out next week

STEPPING OUT

• NERIA BARR

1. TALKING RUBBISH

The Hiriya Recycling Park sits at the foot of the old garbage mountain, now Ariel Sharon Park, and handles household waste from some 30 local authorities across Gush Dan around the clock. For four evenings at the end of August, it opens after dark.

Workshops with artist Nir Ohayon, making things from materials headed for the bin, are held indoors with air-conditioning; a night tour of the plant that turns waste into fuel; and an acrobatic circus act with fire and lights.

Booths devoted to what the organizers call rubbish-ology answer everything you wanted to know about garbage and never asked, and a photography exhibition by Ziv Koren marks 60 years of the Dan Region Association of Towns for Sanitation and Solid Waste Disposal.

Beanbags on the lawn, a DJ to finish. Recommended for ages five and up.

August 24-27, 6:30 p.m.-9:30 p.m., Hiriya Recycling Park. Family ticket for five, free under three. Free parking. Tickets: www.hiriya.co.il

2. A PORT OF CALL

Before there was Tel Aviv, there was Jaffa, and in the mid-19th century its port was the way into the country for almost everyone who came.

The Zalman Shazar Center has built a traveling show around that history, starting at the Almina Theater in Jaffa Port, where the room becomes a Jaffa market of the 1850s and children can dress the part for photographs.

The play that follows, *Jaffa: This Is No Legend*, is drawn from real people and real events, telling a story of schemes, nerve, and the effort to reconnect with the land.

Then everyone walks down to the water for a half-hour sail along the Jaffa and Tel Aviv shoreline. About an hour and a half in all.

August 24-25, performances at 10:30 a.m., 12:30 p.m., and 2:30 p.m., Almina Theater, Jaffa Port. For ages three and up. Places are limited. Tickets: tickchak.co.il

3. IDF DIVAS

Before there were pop stars, there were the army bands, and for two decades their female soloists were among the country's most popular singers.

Five of them share a stage for one night: Shlomit Aharon, Miri Aloni, Ofira Gluska, Shula Chen and Dorit Reuveni, all of whom went on to long careers. Nitza Shaul hosts, Vered Picker directs the music, and the program features the hits, played by a full band with horns, accordion, and backing vocalists.

August 25 at 8:30 p.m., Jerusalem Theater. Tickets: (02) 560-5755 or www.jerusalem-theatre.co.il

4. PASSING IT ON

Seven young Israeli artists gave up the thing artists guard most: control of their own work. For several months, each piece traveled from studio to studio, and whoever received it could do as they liked with it, including undoing what was already there.

A sculptor had to respond to material she hadn't chosen. A calligrapher had to find where his lettering could live inside someone else's object.

The finished works are now on show at the Edmond de Rothschild Center, built in layers, each one covering something that had already been finished.

The artists are all members of the center's network, which supports artists and designers in their first years out of art school. Iris Nitzani Avivi and Sofia Paks curate.

Opens August 27 at 7 p.m., runs until November 13. Edmond de Rothschild Center, 104 Rothschild Boulevard, Tel Aviv. Free entry. Details: edrcenter.com

5. SONGS THAT STAYED IN THE FAMILY

Natan Alterman wrote the words, Naomi Shemer wrote the music, and between them they produced some of the most enduring songs in Hebrew: "*Pgisha Le'ein Ketz*," "*Al Em Haderech*," "*Ha'em Hashlishit*," "*Sapanei Shlomo Hamelech*."

Now their descendants perform them. Natan Slor, Alterman's grandson, sings; Lely Shemer, Naomi Shemer's daughter, hosts; and between the songs, the two talk about the writers, about the work, and about what it means to inherit a body of Hebrew culture and be responsible for keeping it alive.

Rare archive footage runs alongside, with Stav Achai on piano in original arrangements.

August 27 at 6:30 p.m., Jerusalem Theater. Tickets: (02) 560-5755 or www.jerusalem-theatre.co.il

6. ONE LAST TIME

Tziporela's children's show is closing after hundreds of performances and more than 50,000 people through the doors since it opened on Hanukkah 2024. These are the last two dates.

The ensemble built it out of sketches, songs, and stories drawn from what childhood actually looks like now: the dreams, the small humiliations, the fears, all played for laughs and none of it condescending.

No one in Tziporela's world is perfect, parents included, and being different is the point rather than the problem.

Written, directed and performed by the ensemble, with Ori Orian as artistic adviser. Seventy minutes, for ages six to 12.

August 28-29, Beit Hahayal, Tel Aviv. Tickets: www.tziporela.com

7. FROM "WE" TO "I"

A retrospective of paintings and sculpture by Alex Erez opens at the Yad Lebanim Gallery in Ra'anana, curated by Roni Oz.

Erez was born in 1942 on Kibbutz Ma'oz Haim and was raised in the children's house, and the question running through the show is what happens to an artist who grows up inside a collective, where "we" comes before "I."

His path took him from the Hula Valley through Mishmar David to Tel Aviv, where he studied and worked alongside Yigal Tumarkin, then to Italy for stretches to learn marble carving and bronze casting, before returning to Mishmar David to build his studio.

He worked with metal, wood, stone, paint, and polystyrene, returning again and again to animals and the human figure, using posture and gesture to reflect vulnerability and tension.

Opens August 28 at 10:30 a.m. and runs until October 3, Yad Lebanim Gallery, 147 Ahuza Street, Ra'anana. Details: tickets.raanana.muni.il

8. TWO FACES, ONE STORY

SOS Israel brings its traveling exhibition "Fighters for Fighters," previously

shown in New York and Rome, to Jaffa Port, in partnership with the Mifal Hapayis national lottery.

More than 60 portraits pair a combat soldier or reservist with a public figure who sat alongside them: President Isaac Herzog with Pasha Hetz, *Fauda* star Lior Raz with Shlomo Arnon, actress Rona-Lee Shimon with Shir Peled, the first woman to serve as a *mista'arevet*, dressing like an Arab and operating undercover, in the IDF.

Video works carry first-person accounts of service, recovery, and the return to civilian life, many developed through the organization's writing and storytelling courses.

August 31 to September 5, Warehouse 2, Jaffa Port, Tel Aviv. Free entry. Registration: www.sos-israel.org/exhibition-1

9. A MEDITERRANEAN INHERITANCE

Ahead of the *slihot* season, the Israeli Ladino Orchestra puts the penitential tradition of Mediterranean Jewish communities into a wider musical frame.

The program opens with *piyutim* and prayers from the Salonika prayer book in new arrangements, then moves into romances in Haketia from northern Morocco and life-cycle songs of Balkan Jewry, presenting them as branches of a shared Mediterranean musical inheritance.

Musical director Dr. Ariel Lazarus, a guitarist, composer, and Ladino scholar who won the Culture Ministry's Navon Prize, also premieres a new work of his own in Ladino. Singer Shir Ifrah is the soloist, with an expanded ensemble of string quintet, piano, double bass, percussion, and ney.

September 2 at 8:30 p.m., Inbal Ethnic Multidisciplinary Center, 6 Yehieli Street, Neveh Tzedek, Tel Aviv. Tickets: inbal.org.il

10. FAIRY TALE, FROZEN SOLID

The Imperial Ice Stars are back at the Tel Aviv Opera House, this time with *Cinderella*. The company covers the entire opera stage in 14 tons of real ice and skates the fairy tale across it, with aerial acrobatics, elaborate sets, and an original score written for the production.

Its 24 skaters have, between them, won more than 250 medals in international competitions, and the choreography is by Tony Mercer, who founded the company in 2004 and is among the leading names working in ballet on ice.

Mercer has reworked the familiar story, opening with Cinderella studying ballet at the local theater and meeting the prince before either knows who the other is.

This is the company's third visit here, following *Swan Lake*, and extra performances have been added.

September 3-5, Tel Aviv Opera House, 19 Shaul Hamelech Boulevard. Tickets: kupat.co.il and www.israel-opera.co.il

Paris Texas in Netanya

RESTAURANT REVIEW
• DEBBIE LAMPERT, ELUNA.COM

For a restaurant with two foreign names, Paris Texas is mighty patriotic about Israel.

All of the food is sourced locally, with nothing imported from either Paris, Texas, or anywhere in between. The beef comes from farms in the South, the house wine is from the Golan Heights Winery in the North, and everything is produced in Israel.

There are six restaurants in the Paris Texas chain, but only the Netanya restaurant has kosher certification. Unlike the other branches, the Netanya kitchen stocks no dairy ingredients. A cashew-based nondairy product is used where dairy is required.

"We let the meat do the talking," Chen, the owner of the kosher Netanya branch, said.

Chen, as his name suggests, is a charmer. This is not his first rodeo. He has been in the food and wine service business for many years, so he knows the game.

We were impressed by the elegant look of the restaurant, with its deep Burgundy-colored velvet upholstery, a bright open kitchen, and a gleaming bar displaying a wall of Israeli wines.

"We designed the restaurant with an open kitchen to be completely transparent," Chen explained.

The elegant decor is the "Paris" part of the name, which suggests European elegance. "Texas" is the down-home meaty part of the story. Think cowboys, rodeos, lassos, and cattle. Put them all together, and you have an all-meat restaurant for casual dining in an elegant setting.

We were handed a one-page food menu offering meat, meat, and more meat.

Knowing my preference for vegetarian dishes, my companion warned me that I wouldn't find much to eat at this restaurant. No matter what, I thought, there is always hummus.

He was right about the starters, which include short ribs, kebab skewers, wings, and everyone's favorite, chicken nuggets coated in corn flakes and fried to a crisp (four pieces, NIS 52). Americans will recognize the nuggets as Southern fried chicken. Chen, having lived in the Southern US, knows all about this. Still, no hummus in sight.

The next two sections of the menu offer grilled meat dishes by weight and a variety of burgers prepared on a *plancha* (metal plate). The beef is dried and aged and ground fresh for the burgers throughout the day.

The basic Butchers Burger is a 200/250-gr. all-meat burger in a bun with all the toppings. There is a choice of several other burgers, including slow-smoked pulled beef short ribs (asado) with Romesco sauce, topped with sautéed mushrooms. The most popular burger, Chen told us, is the Smash Burger: double smashed beef patties and all the condiments (NIS 84).

With the meat dishes came a big bowl of crispy, delicious chips. These are some of the best chips that we have had in any restaurant. Prepared separately, the chips are parve.

With a nod to nonmeat eaters, the restaurant offers a 200-gram mushroom burger and a vegan burger from Beyond Meat.

But I recommend the freshly cut Caesar salad sprinkled with (nondairy) Parmesan and croutons. Though it sounded somewhat off-course to go for a salad at a heavy-duty meat restaurant, this salad turned out to be the best way to enjoy the buffet of amazing condiments, one of the highlights of this kitchen.

The meat may speak for itself, but the condiments are what does it. You'll want to try each of the extraordinary original sauces, prepared fresh every day at the restaurant. The sauces served on a platter at your table are intended to enhance the meat dishes, but nonmeat eaters will want to enjoy them on the salad or with the chips. I tried every one.

With sauces like these, who needs hummus? And in just so many seconds, the hummus was forgotten.

Burgers go with beer, like peanut butter with jelly, Bert and Ernie, and *Matot* and *Masei*. So, beer it was. The only time the restaurant breaks the locally sourced rule is for the outstanding French blanc beer, on tap.

Though it was early in the day for alcohol, it is never too early for a lovely lychee-based cocktail, a preview of the evening vibe at lunch.

The ambiance in the afternoon was calm and relaxing, but the vibe of the Paris Texas chain is young and good-time. Be advised that after 8 p.m. the volume will go up, the age of the diners will go down, and the alcohol will flow.

For your sweet tooth, Paris Texas offers crème brûlée, lemon pie, and hot chocolate cake. We skipped this part of the meal, which was missed about as much as the hummus.

The restaurant is fully accessible. There is convenient underground parking and on street level adjacent to the restaurant.

Paris Texas
28 Ha'orazim, Yahalom building
Netanya
Tel: 050-495-9800
Hours: Sun.-Thurs., 12 p.m.-11:30 p.m.; Sat. night from after Shabbat until 11:30 p.m. Closed: Friday and Shabbat.
Kashrut: Netanya Rabbinate
The writer was a guest of the restaurant.
She is the founder and CEO of eLuna.com, the premier English-language website for kosher restaurants in Israel.

How complex is my case?

• MARION FISCHEL

THE GRATEFUL DEAD in 1970. (From L) Bill Kreutzmann, Ron 'Pigpen' McKernan, Jerry Garcia, Bob Weir, Mickey Hart, and Phil Lesh. (Photos Wikimedia Commons)

Former *Jerusalem Post* arts and entertainment editor David Isaacson's *My Other Half* comical novel is chock-full of beautifully formed sentences, youthful late-20th-century adventures in sex, drugs, and rock & roll, deep philosophical musings, and healthy doses of British cynicism.

The author grew up in suburban Bexleyheath in Kent, England, attending a grammar school with only two other Jewish pupils. After graduation, he volunteered at Kibbutz Na'an, learning Hebrew at ulpan with the late Sam Orbaum, who went on to became a legendary columnist and editor at the *Post*.

Isaacson's own career as a journalist brought him to the *Post* in the 1990s. It has also included stints at the UK's *Daily Telegraph* and the *Sunday Times*.

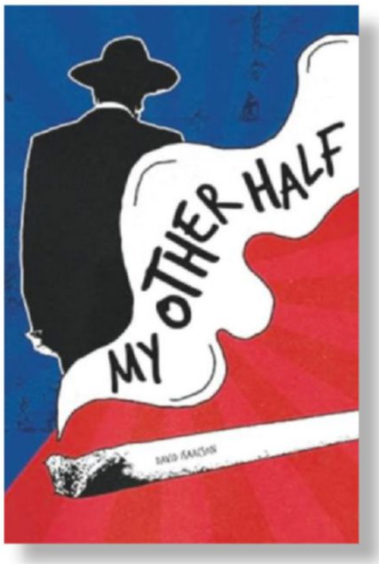
Back home in England, he studied philosophy at Sussex University, then traveled across the United States and Europe following the Grateful Dead.

Isaacson told the *Post* that his "latent Zionism" became manifest in the wake of Israel's First Lebanon War. Shocked by the media's prejudicial, anti-Israel coverage, he said, he joined the PR department of the Joint Israel Appeal (JIA), with which he traveled to Israel in 1992.

By 1994, Isaacson had made aliyah, and within days, he met Debra, a new immigrant from New York and his wife-to-be, at Jerusalem's Ulpan Etzion. They lived in Jerusalem's Abu Tor neighborhood and Mevasseret Zion before relocating to London in 1999, where they attend St Johns Wood Liberal Synagogue. Now, he said, they look forward to returning to Israel for good.

Below are a few of the more G sections of his highly amusing and entertaining book.

MY OTHER HALF
By **David Isaacson**
Isaacson KDP
121 pages; $16



Excerpts from 'My Other Half'

"Have you got a quarter, Jake?" Gordon looked like he had just woken up. "I've got to go to the bank tomorrow anyway." Evie laughed. Gordon always had to go to the bank tomorrow but never made it because the bank closed at 3:30, long before Gordon was out of bed.

"It's in the top drawer," I said.

Gordon took a quarter of Leb from my top drawer and squeezed in next to Skunk, half under the desk, to roll a joint. "Have you been to Mexico?" Skunk asked Kitty.

"No, I was on a kibbutz. The volunteers were having a Castenada phase."

"Kitty had a gap year," boasted Fysh.

"My grandfather founded a kibbutz."

"I wished I knew its name. Maybe it was the same one."

"I was at Kibbutz Galuyot," she said. "Right in the middle of Israel. Halfway between Jerusalem and Tel Aviv."

"Did they have good hashish?" asked Fysh.

"Not as good as in Egypt."

"You went to Egypt, too?" She was like one of those intrepid women adventurers you read about in the Sunday papers' books pages. "Wasn't it dangerous?"

"It was. I nearly got raped by a cop."

"What a scumbag," said Evie.

"What happened?" Skunk wanted to know.

"I told him I understood his impression of Western women as cheap slappers, but this was just capitalist bullshit, just TV and advertising. I said I was an ordinary girl. I asked him to think of the women he knew – his mother, his sisters, his cousins. He wouldn't want this to happen to any of them, would he?"

"Too right," said Evie.

"He went off the idea and went away. I was just glad I had good karma."

"Karma?" repeated Skunk. "Give us an example of this 'karma.'"

"That was an example." Kitty's cheeks turned pink.

"Give us another."

"Alright then. I was on a trip down south, to Luxor, and I got talking to the bus driver. He wouldn't let me buy a ticket. He was like, 'That's okay, it's on me, man.'"

"And that's it?"

"On the bus back to Cairo, there was this guy sitting next to me. He was friendly and cool, so at one of the stops I shared a doobie with him. At journey's end we said *salaam*, and he planted a little Judas kiss on my cheek. Seconds later, two cops appeared. They knew I was carrying ganja and said they were going to take me in. I gave them my money and luckily they got bored and waved me away. I binned my ganja and wondered how I was going to get to Cairo with no money. Then a bus pulled up. It was the same driver. He recognized me and let me travel free again. If that's not karma, I don't know what is."

"That is karma," Fysh confirmed.

What I needed was help from the British consulate [in Amsterdam] which, I hoped, would replace my passport, lend me some cash, and provide me with a pair of shoes. All being well, I would be out of here in the morning. How good it was to be British!

My optimism diminished as a night of aimless wandering wore on. Britain's consular staff were hardly likely to treat a drugs tourist who has come a cropper as a matter requiring their urgent attention. I would have to wait my turn in a bureaucratic labyrinth. I could just see how it would go.

"Her Majesty's foreign office does have a policy of lending money to those who, through no fault of their own, find themselves stranded, but we are not a charity and we do need to be satisfied that the claim is genuine, and that the claimant is a bona-fide

subject of the Crown."

"My claim is genuine. And I am a bona-fide subject of the Crown. I've lived in England all my life. Can't you tell by my accent?"

"Furthermore, to be confident that the claimant is sincere in their stated intention of returning immediately to the United Kingdom, we need proof that they will embark on the first available passenger ferry or airplane..."

"Well there's nothing to keep me here. I've got no shoes, no money, and nowhere to stay." I didn't have any hash either.

"...pending prior approval from the relevant authorities, which is to say, Customs and Excise, the Home Office and..."

"Hang on a minute. How long's all that going to take?"

"That depends on the queue ahead of you."

"How long is the queue?"

"It's not the queue's length so much as the complexity of individual cases that slow things down. One complex case can take longer to resolve than numerous straightforward cases."

"How complex are the cases ahead of mine?"

"I am not at liberty to discuss other cases. That would be most improper."

"Well, how complex is my case?"

"We won't know that until it's processed."

"When will that be?"

"That is hard to predict. We'll need a police report to verify your story. And we will need to interview you in person."

"You can interview me now."

"That would be jumping the queue. Now, why don't you leave a contact address with my secretary..."

"I don't have a contact address!"

"There is really no need to raise your voice."

I had to lower my expectations, too. "I don't suppose you could lend me a pair of size eights?"

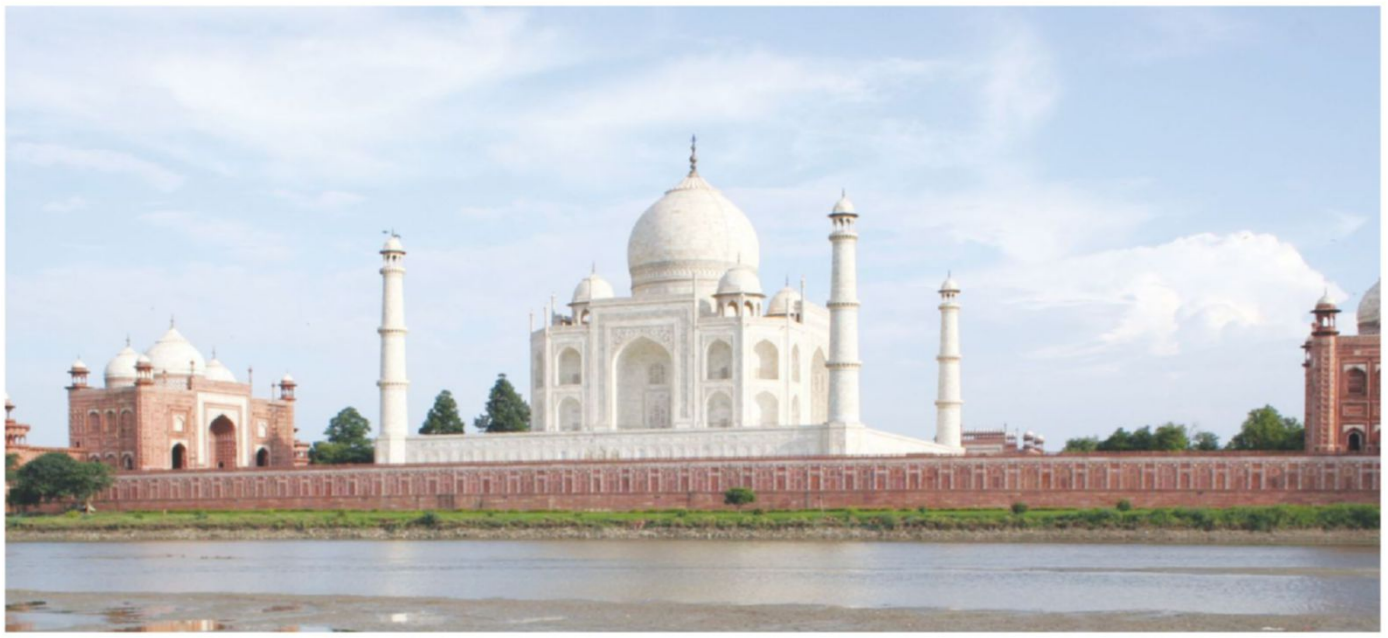
"We thought you were dead," said Junkie Simon, after a slow double-take. A drugs peddler of no fixed abode and Flat 22's most honored guest, Junkie Simon turned up at any time, day or night, spouting incoherently. He jacked up in central space, or in Gordon's groovy pad if he wanted some privacy, and passed out wherever he happened to be. He didn't want to hear the Grateful Dead when we could be listening to Joy Division, and he didn't know how we could live in such a pigsty, but he stayed for days and was happy to pitch when there were chores to be done.

"I'm soooo sorry," shrieked Evie. "I got my days mixed up. Are you alright?"

"I got mugged." At last, I could say it.

"I knew it." Evie rushed up the steps for a hug.

"I got mugged," said Junkie Simon. "About a year ago. In Gladstone Square I think it was."



THE TAJ MAHAL complex is situated on a platform on the banks of the Yamuna River.

"Occupational hazard," said Boney.

"It was my own fault," I had to admit.

"When you didn't come straight back, I felt so guilty I went to see Father O'Malley," said Evie. "I told him all about you."

"What d'you do that for?" I had never heard of Father O'Malley.

"I didn't know if we'd ever see you again. Father O'Malley told me to pray for you."

"Makes it all worthwhile, like," muttered Boney.

"He invited me into his living room and we sat in armchairs round the fireplace," said Evie. "It was really nice, actually. Father O'Malley got out a bottle of brandy and read passages from the Bible. I never knew there were so many crazy characters in the Old Testament."

In the summer holidays we played several times a week on a court in Luxembourg Village, hoping that Junkie Simon's cocaine would enhance our game. In reality it only enhanced our edginess and Skunk's tantrums. On the other hand, the joints we smoked to remove the edge had us playing shots in slow motion or laughing at random absurdities, which was not conducive to good tennis.

"It's going to rain," said Skunk.

"It's not going to rain." Kitty had caught the habit of contradicting Skunk.

"It's bound to rain if we play tennis," said Skunk.

Kitty looked through the window. "They're not rain clouds, are they?"

In lieu of a game of tennis, I flicked through Kitty's records. "English hippy," said *The Hangman's Beautiful Daughter*. "International bohemian,' said the *Liberation Music Orchestra*. "Borrowed from Fysh," said *The Twelve Dreams of Dr. Sardonicus*. A portrait of Napoleon illustrated Beethoven's *Emperor* concerto. A landscape of rolling fields advertised Vaughan Williams. "To Kitty, love Diana," read an inscription on *Death and the Maiden*.

DE WALLEN, Amsterdam's red-light district.

"What's this?' I asked of an album that pictured Mahler gazing into space.

"It's a Sannyasin commune." She was talking to me. "I'm a Sannyasin."

"Really?" I didn't know what a Sannyasin was but I recognized her misplaced zealotry. "I was an anarchist."

"Tell them about David Owen," said Skunk.

"Who's David Owen?" Diana asked Kitty.

"'Politician," scoffed Kitty.

"Jake threw squishy tomatoes at him," said Skunk.

"Why?" Kitty wasn't one for student politics.

"He already told you," tutted Skunk. "He was an anarchist." I gave them an account of the David Owen incident, taking in the history of anarchism, including quotations from Kropotkin ("Where there is authority, there is no freedom") and Proudhon ("Property is theft") and references to the Paris Commune and the Spanish Civil War, with an aside on finding squishy tomatoes at the co-op, but for all Skunk's titters of support, Kitty wasn't interested and Diana was wondering where she was.

I was trying to remember what she was. "What did you say you are again?"

"A Sann-yasin." Kitty answered for her.

"What's a Sann-yasin?"

"Sannyasins are followers of the Bhagwan Shree Rajneesh." Diana straightened her back. "We travel from all over the world to Poona, to be with Bhagwan."

"And you went to Dharamsala," Kitty reminded her. "That's up north. I trekked through Mother India for three days, on trains so crowded you had to sit on the roof or hang from carriage doors."

"Have you got any photos?"

Diana pulled a face. I was so uncool.

'Trainspotting' sequel and five albums about jail

• **RICK KOGAN**

Writers write, and if they are good or lucky enough, what they write gets published, increasingly online but still, for many, the old-fashioned way: ink on paper in hardcover books.

I reconnected with two writers and their new books in a recent edition of the *New York Times Book Review*, the last remaining dedicated, stand-alone print book review section in a major United States newspaper.

Of Colin Asher's *The Midnight Special: The Secret Prison History of American Music*, critic Dwight Garner wrote that it is "a fog-piercing down-bound train of a book, better than it had to be." Of Irvine Welsh's *Men in Love*, James Lasdun is less than enthusiastic, offering, "It makes for a cynically entertaining ride, but it leaves you feeling a bit battered."

As Asher writes in his book's introduction, "Trying to write the definitive history of American prison music would be quixotic. This book isn't that. Instead, it focuses on five albums and the lives of five musicians who made them, each of which has something distinct to say about the ways that policing and incarceration have shaped our musical culture."

Only one of those five is widely known: Johnny Cash. He effectively cultivated an outlaw image, thanks to such bad boy lyrics as: "But I shot a man in Reno just to watch him die," and recording seminal live albums in California's Folsom and San Quentin prisons. But, as Asher details, though he was arrested often, he never spent more than one night in jail.

Not so the others in the book.

Huddie Ledbetter (aka Lead Belly) was in jail plenty, which is no excuse for the shabby treatment and nasty manipulation he suffered at the hands of the generally admired musicologist John Lomax.

Elmo Hope, an ebullient personality, bebop pioneer, and pianist collaborator with such giants as the late Sonny Rollins, was brought down by his heroin addiction.

Ike White went to prison at 19 after a murder during a robbery, found salvation of sorts in music, and would end up playing with bands and recording an album while still incarcerated.

Tupac Shakur's life began with his mother pregnant with him in prison, and the author shows how her personality shadowed her son's life and work.

The profiles of these men are artfully peppered with compelling minor characters, and we get a disturbing history of the American so-called justice system. There are dark shadows aplenty.

As Garner puts it, "Taken together, the profiles... amount to a multilayered indictment of America's prison system, the largest in the world."

Reading this book reminded me of getting to know the author when he spent time in Chicago in 2014 researching a biography of Nelson Algren.

"Algren was a very complicated man," he told me then. Reading about his latest led me to his 2019 *Never a Lovely So Real: The Life and Work of Nelson Algren*, which led me to local journalist Mary Wisniewski's exceptional 2016 *Algren: A Life* and the two Algren books by Richard Bales.

JOHNNY CASH promotes prison reform at his meeting with US president Richard Nixon in the White House's Oval Office in 1972. (Wikimedia Commons)

THEN, IT was on to Welsh's *Sunday Times* bestseller, *Men in Love*.

He hit it big with his first novel, 1993's tale of a group of heroin addicts and thieves in Edinburgh. It was titled *Trainspotting* and became a movie three years later, directed by Danny Boyle, starring Ewan McGregor.

The new novel is a sequel of sorts, or spin-off, that puts us back in the company of familiar characters and their escapades and troubles.

Kinder than *The New York Times* review was one from *The Guardian*: "There are plenty of moments that showcase Welsh at his best, impertinent and loose and attuned to the poetic cadence of everyday speech. When his writing hits these heights, most often during flights of knowing, referential, rhetorical fancy, it is hard not to be charmed by its flair and insolence."

It evoked memories of the time Welsh lived in Chicago for a few years starting in 2009, much of it in the creative company of writer/teacher Don De Grazia, with whom he was collaborating on a theatrical musical titled *Creatives*.

During this time, De Grazia told me, "Irvine is a role model for any writer." I can say the same of De Grazia. He was a former bouncer at Metro and for many years a professor of creative writing at Columbia College. He created the annual live-music storytelling event *Come Home Chicago*, and for some years hosted a monthly literary series at Soho House. He was also a novelist of great talent.

I realized that again within the first pages of De Grazia's 1998 novel, *American Skin*, a tremendously powerful coming-of-age story set in Chicago in the 1980s. *Publishers Weekly* called it a "powerful debut [that] fearlessly explores racism, adolescent rage, and terrifyingly violent youth movements... a graphically violent novel [that] will not be to every taste, but it rings true with poignant clarity."

De Grazia died in June 2024, following a softball game, a game he loved. He was only 56, and the city literary community was understandably shocked and offered all manner of reactions.

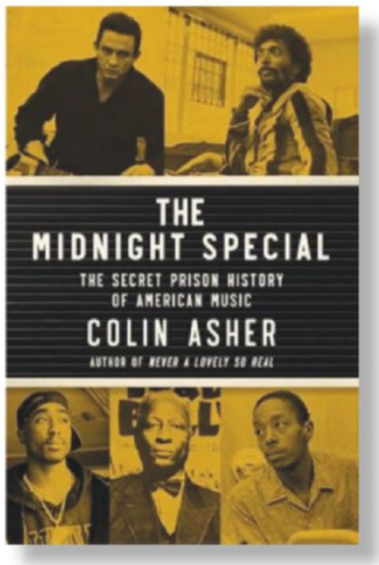
Randy Albers, professor and chair emeritus of fiction writing at Columbia College, was De Grazia's first fiction teacher. He told me, "Don could write the grittiest, most hard-assed street stories, but at their heart, they were incredibly humane tales of people trying to make their way through a challenging, often threatening world."

"He was honest, reflective, a writer's writer," he said.

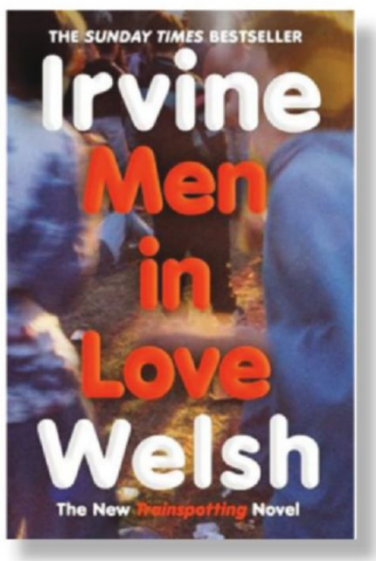
Toya Wolfe, author of the prize-winning novel *Last Summer on State Street*, was a student of De Grazia's at Columbia. She said, "He was a champion of me and my work. He took me from a baby writer to a professional."

(Chicago Tribune/TNS)

THE MIDNIGHT SPECIAL:
THE SECRET PRISON HISTORY OF AMERICAN MUSIC
By **Colin Asher**
332 pages; $28 hardcover
W.W. Norton & Company

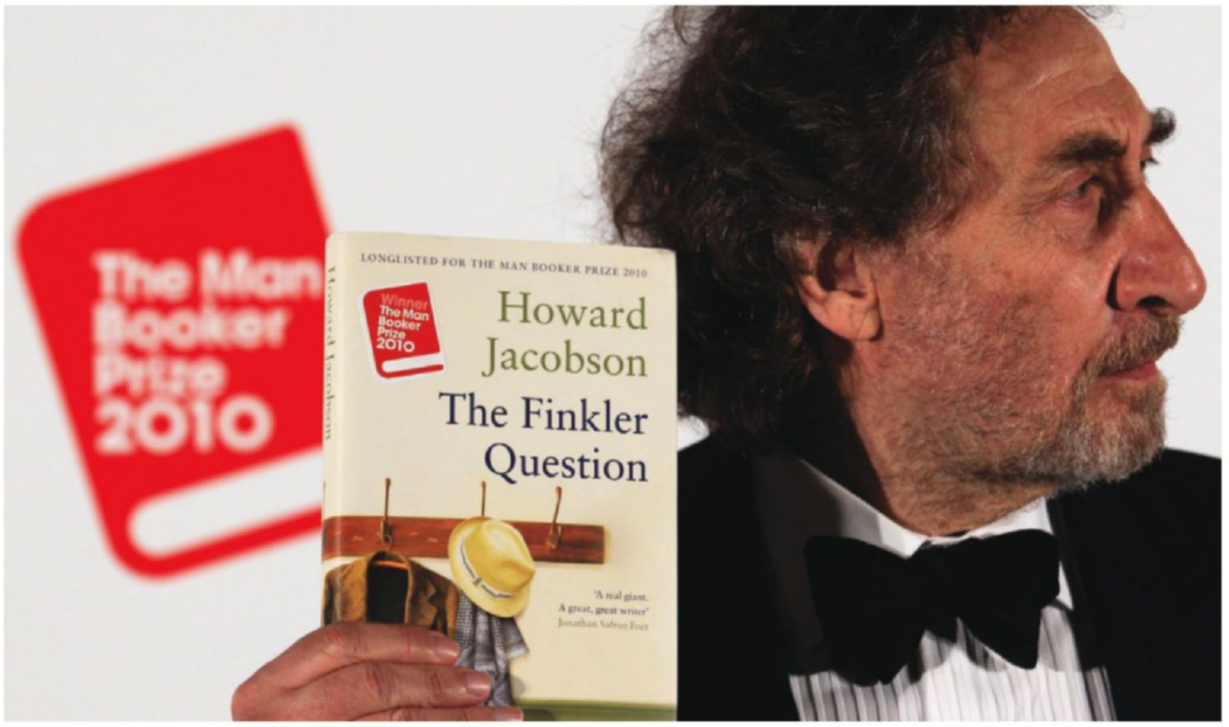


MEN IN LOVE
THE NEW TRAINSPOTTING NOVEL
By **Irvine Welsh**
528 pages; $28 hardcover
Marc Renton



Forever England?

LIFE, LIFE, LIFE
PAMELA PELED


The Man Booker Prize 2010
LONGLISTED FOR THE MAN BOOKER PRIZE 2010
Winner The Man Booker Prize 2010
Howard Jacobson
The Finkler Question

BRITISH AUTHOR Howard Jacobson poses with his book 'The Finkler Question' after winning the 2010 Man Booker Prize for Fiction, at London's Guildhall Oct. 2010. (Luke MacGregor/Reuters)

Tracy Emin's bed is still unmade after all these years, the stained sheets screaming softly in the Eyal Ofer Concourse of the Tate Gallery on the banks of the River Thames.

I was first mesmerized by her scattered slippers and used sanitary products in London's Charles Saatchi Gallery decades ago, but the settings resonated more this time: Jews funded both exhibition spaces.

In today's upside-down Jew-bashing reality, one wonders whether patrons of Emin's art care that it's Jewish cash enabling their culture.

Jew-bashing is the story of the hour, yet if you didn't know better, London doesn't seem, on the surface, terribly different.

Maybe there's marginally more Arabic on shop fronts on Edgware Road, possibly more burkas on buses – but the streets of Hampstead Garden Suburb still see Jews ambling home from Shabbat dinners, kippot sometimes not even covered by baseball caps.

Jews are still singing *zmirot*, kosher-food joints are flourishing, and Jewish schools have waiting lists.

But scratch the surface, and it's not so fabulous: Jewish pupils are often clamoring for places in more heimish surroundings as they've been bullied in fancier public schools, Jewish doctors tell of being boycotted and maligned, and students are not feeling safe on campus.

IT ALL feels hard to grasp. England last chucked out its Jews in 1290, when King Edward I issued his Edict of Expulsion (probably on Tisha B'Av, and definitely the only mass expulsion from Albion, ever).

Since Oliver Cromwell readmitted them almost 400 years later, Jews have lived comfortably in England's pleasant climes, in peace and prosperity.

No more. And who better to articulate the astonishment, the outrage, the fear, than Howard Jacobson, arguably the greatest Jewish writer alive today?

Called "the British Philip Roth," Jacobson prefers to be known as "the Jewish Jane Austen." Either way, I would award him the Nobel Prize for literature, but good luck with that in these crazy times.

Once a sought-after and hugely respected speaker at literary festivals from Hay-on-Wye to Edinburgh, he was not invited this year, although he did talk about *Howl* at the Bath and Oxford Festivals.

He was also warmly welcomed, obviously, at London's Jewish Book Week. So far, no American publishers have picked up his brilliant new novel about how it feels to be a Jew in London today, in the aftermath of Oct. 7.

In a pretty impressive example of the Jewish tribe coming through for each other, Saul Bellow's son is now set to publish *Howl* stateside.

Howl is not a happy read, although Ferdinand Draxler, the floundering primary school headmaster protagonist, is often hilariously confused.

Jacobson believes that comedy is a form of exorcism; his protagonist has done a thesis on Shakespeare's clowns and their healing properties.

In *Howl*, Ferdi swirls between his Holocaust-survivor mom, his woke "Free-Palestine" chanting daughter, his sympathetic-but-only-up-to-a-point non-Jewish wife, his haredi (ultra-Orthodox) brother who dramatically slides away from his newfound faith, and a host of unforgettable characters who continuously cause you to guffaw, indecorously, on the London Underground.

It happened to me – I giggled out loud on the Tube, and then hastily checked myself for visible signs of my nationality: no Star of David, no passport in sight, and reading on a Kindle – which could offend nobody.

I'm not saying that I'd have been bludgeoned at the Regent's Street station had anyone recognized that I was reading a Jewish book (gasp!), but the mere fact that it fleetingly crossed my mind seemed insane. Don't you agree?

YET, SOHO is still a magical space, and Jews are still allowed to ensconce themselves in the Dean Street Townhouse, where I met Jacobson for a breakfast to remember, and not only because of the berry-granola in coconut yogurt.

But scratch the surface and it's not so fabulous

The man is a writer and a raconteur, a Man Booker Prize winner (for *The Finkler Question*, which examines all things Jewish and all types of Jews), a university lecturer, journalist, and two-time winner of the Bollinger Everyman Wodehouse Prize for Comic Fiction.

He has also scripted and appeared in numerous TV programs, but most of all, he is a mensch.

And a worried one, at that.

Jacobson does not trust many of the British politicians in power at the moment; he feels that if Jews have to leave England, he personally would come on aliyah.

"And we're all thinking of leaving Israel," I say, over my second cappuccino. "We see no future there if Netanyahu gets in again. Our hot topic is whether our kids have foreign passports."

Jacobson admits to watching Prime Minister Benjamin Netanyahu with interest over the many, many years he has been in power. "One of my ex-wives had a bit of a crush on him," he says, although that was a very long time ago.

"We mustn't let Netanyahu turn us against the whole Zionist enterprise," he muses, and I suddenly see that he is right. "We should be saying that Zionism is tragic now, and it's just heartbreaking that sometimes it feels as if the original dream is dead, but we have to know the whole history of the country, and understand the big picture."

"A Zionist is a Jew with somewhere to live," says one of the characters in *Howl,* and, as I take notes in the sedate setting in Soho, I feel my optimism and love for the holy land flooding back.

Jacobson is not only a powerful voice of mainstream Jews; his eloquence seems to reignite my feelings of peoplehood and belonging to where you just know you want to be.

Israel is greater than this present coalition of shame. We will replace our government, heal the harm they are wreaking, and get our groove back. A Zionist is a Jew with somewhere to live, and how lucky are we to have somewhere to live.

FLYING HOME, on an El-Al plane, I sat next to a pretty young British singer who lives in Bat Yam.

Her then-boyfriend called her late on October 6 to come down to the Nova Festival, where he was working. By chance, he changed the plan as she was leaving for the South; he was needed at a different music festival, and she joined him there instead.

She loves living by the sea, loves the way her career is unfolding here, and loves her life. She's convinced the government will change and all will be well. She also hopes her family will follow her to the Holy Land soon.

Life is so hard here. And August seems even harder, with mosquitoes and mad heat and bored kids and haredim blocking the roads, chanting "War."

But I don't know daughters here who feels "exhilarated" over Oct. 7, and Jews are not canceled here from our culture. In a matter of weeks, we will change our priorities and breathe again.

And if giants like Jacobson want to join us, welcome. We will be worthy. ■

Pamela Peled lectures at Reichman University. Peledpam@gmail.com

PARASHAT KI TETZE

RABBI SHMUEL RABINOWITZ

UNDER THE HUPPA. (Shutterstock)

Was everything they felt at the time not real?

The secret of marriage

Studies examining the factors that contribute to a person's emotional stability and success in life show that, alongside basic needs such as a livelihood, personal recognition, and a roof over one's head, the human soul needs a place that is safe, stable, and familiar. A place that completes us, fills our hearts, and gives us a sense of continuity, belonging, and new creation.

That place is called family – a spouse and children. A warm environment, shared experiences, and, above all, the creation of life and the raising of a new generation, born from the bond between two souls who have connected and chosen to complete each other.

This need is already described at the very beginning of Creation. Immediately after the creation of Adam, the Torah says: "It is not good for man to be alone; I will make for him a fitting helper" (Genesis 2:18).

Since then, this feeling has been familiar to most human beings. In one way or another, a person encounters the soul that complements him or her. From that moment, they feel that there is a genuine connection between them. After some time, it may seem obvious that the right thing to do is to build a home together and create new life.

But a profound question arises. Those very people who once felt an extraordinary sense of completeness, who could not imagine their lives without the person who seemed to be their missing half, sometimes become strangers to each other over time. The magic fades, the sparkle dims, and suddenly they are no longer certain that they made the right decision.

How does this phenomenon fit with the wedding photographs and moving videos, in which two people appear to have found their entire world in each other? Was everything they felt at the time not real? How is it possible that so many people who married out of profound closeness eventually arrive at a place of distance and even separation?

The question becomes even more compelling when we read the verses in this week's Torah portion that address the painful subject of marriages that have failed:

"If a man takes a wife and marries her, and she does not find favor in his eyes because he has found something improper in her, and he writes her a bill of divorce, places it in her hand, and sends her away from his house...." (Deuteronomy 24:1).

The reader is left wondering: How is it possible that the very woman he himself chose suddenly no longer finds favor in his eyes? How did all those dreams suddenly turn into a huge disappointment? All the good qualities for which they married have seemingly disappeared, and suddenly, in almost everything, they find something they dislike.

Indeed, our Sages said: "Whoever divorces his first wife – even the altar sheds tears over him" (Gittin 90b).

We are therefore called upon to offer a deep and genuine answer to this painful question: Why does this really happen?

RABBI MEIR LEIBUSH – the Malbim, in his commentary on the Torah, presents a perspective very different from the one commonly accepted today.

In the modern world, people want to know everything in advance before making a decision. If they aren't certain that they know the person standing before them completely and fully understand what they are entering into, they find it difficult to move forward. It is therefore common for two people to know each other for many years before getting married.

But this very approach can create a problem. When love is built entirely before marriage, a couple may reach the wedding ceremony after having already brought their relationship to its emotional peak. They expect marriage to continue that same feeling of exhilaration, but sometimes it is only after the wedding that differences, challenges, and weaknesses begin to emerge – things that were not apparent beforehand.

The traditional Jewish approach, known as *shidduchim* – matchmaking – is based, to a large extent, on the opposite idea. After examining the couple's compatibility in the areas that matter for family life, they begin to build their love together. The goal is not to finish building the love before marriage, but to begin building it through marriage.

When a couple builds their life together, every shared experience, every challenge they overcome, every act of kindness, and every expression of devotion adds another layer to their relationship. Love therefore does not remain static; it can deepen, mature, and grow stronger over the years.

The relationship between a man and a woman is also, in a sense, a reflection of the relationship between a person and his Creator. Both are founded on connection, giving and receiving, and the creation of a bond that does not rest solely on a passing emotion, but on deep commitment.

During these days – the "days of mercy and *slihot*," when a person is called upon to draw closer to our Creator – we may approach God with that same attitude: First let me understand everything; first let me feel comfortable; first let me manage to connect – and only then will I commit myself. But the Jewish path suggests the opposite movement.

First, we connect. We observe the mitzvot. We increase our good deeds. We create a relationship through our actions, even when the emotion is not yet complete. Then, as the soul becomes filled, love grows, and the connection becomes deeper.

May we merit to walk the right path and to experience everlasting love. ■

The writer is rabbi of the Western Wall and holy sites.

The island of Elul

JUDAISM & MODERNITY
MOSHE TARAGIN

Parashat *Ki Tetze* represents an abrupt shift in the biblical narrative.

Parashat *Shoftim* is overwhelmingly collective in its orientation, outlining the structure of an ideal Jewish society. Judges administer religious and civil law, kohanim supervise religious life, a monarch provides effective government, and prophets deliver the word of God while checking royal authority.

Shoftim then turns to the laws of warfare and the settlement and defense of the Land of Israel.

The parasha thus sketches Jewish collective life: government and law, religious institutions, national settlement, and the wars necessary to defend our land.

Parashat Ki Tetze abruptly shifts from collective responsibilities to personal ones. It is the densest legal section of the Torah, containing more commandments than any other parasha.

These laws range from marriage, divorce, levirate marriage, and inheritance to charity, loans, returning lost objects, and agricultural practices. Almost no area of human experience remains untouched.

Despite their remarkable range, these commandments share a common feature. They address the responsibilities of individuals rather than the collective institutions and national concerns that dominated the previous section of the Torah.

The individual before God

This marks an important shift in Deuteronomy. Much of the book is delivered in a collective voice. Before his death, Moses looks toward the Jewish future and anticipates the challenges the people will face upon entering the Land of Israel and assuming its historical mission: military threats, cultural pressures, spiritual and religious challenges, and moral failures.

Haunted that he will not live through these experiences alongside the people, he offers guidance for the future. Much of his farewell address concerns how the Jewish people will navigate the transition from desert life to settled national life and preserve its identity across history.

Parashat Ki Tetze recalibrates that perspective. Life does not begin and end with collective identity, national mission, or our place within the larger arc of Jewish history. As essential as that broader vision is, Jewish identity also has an intensely personal dimension. Each of us stands constantly in the presence of God and bears responsibility for our own behavior: the commandments we observe, the prohibitions we avoid, the character we cultivate, and the way we treat the people with whom we share our lives.

These are deeply personal responsibilities. They do not depend on sovereignty, national circumstance, or historical mission. Jewish history moves through dramatically different eras, but the individual always stands before God. Our personal relationship with Him is timeless.

Continents and islands

John Donne famously wrote, "No man is an island, entire of itself; every man is a piece of the continent, a part of the main." We are bound to family, community, people, and history, and much of Jewish identity is shaped by those larger circles of belonging.

Yet religious responsibility requires that, in another sense, each of us also become an island. At times we must stand alone before God, stripped of collective identity and historical circumstance, and account for choices that are ours alone.

The voice of this Elul

Elul is upon us, beginning the lead-up to the High Holy Days. Each year, as we enter this season of reflection and self-improvement, we return to the classic elements of *teshuva*: prayer, charity, introspection, confession, and new commitments.

Each year we must also search for the authentic voice of that particular Elul

Yet each year we must also search for the authentic voice of that particular Elul. Teshuva cannot become performative or mechanical, something we simply shift into because the calendar tells us to. To be authentic, teshuva must feel fresh and contemporary. It must reflect our current experiences, respond to the world we are living in, and speak honestly to who we are at this particular moment.

Living collectively

This year, part of our teshuva journey should mirror the shift from Shoftim to Ki Tetze, from collective responsibility to personal experience.

For nearly three years, we have lived in an intensely collective space.

In Israel, wars have been thrust upon us by enemies who seek nothing less than our destruction, and we have shouldered the enormous burden of defending our country.

Jews overseas have confronted a frightening resurgence of antisemitism that is rapidly becoming normalized. The hatred was always there, simmering beneath the surface, waiting for an excuse to erupt.

'NO MAN is an island, entire of itself...' (Shutterstock)

In both settings, the assault itself has been compounded by the collapse of assumptions we once took for granted.

In Israel, we believed that a smaller, technologically sophisticated army, combined with the threat of overwhelming retaliation, could provide sufficient deterrence.

That conception has been shattered. We are confronting religious fanatics who are prepared to absorb enormous losses in pursuit of their goal of destroying Israel. The past three years have forced us to reconsider our security assumptions and confront questions about the size, strength, and manpower the IDF will require.

Overseas, many Jews similarly believed that after the horrors of the Holocaust, virulent antisemitism had been relegated to the yellowing pages of history. We imagined that we now inhabited tolerant and enlightened societies in which such open hatred of Jews could never return.

That assumption, too, has been shattered. The resurgence of antisemitism has created not only fear and insecurity but a profound identity crisis for Jews who believed they were fully accepted in the societies they called home.

All of this has forced us to rethink Jewish history and the future of our people. Inevitably, our mental and emotional space over the past three years has become more collective and less personal. Given what we have been living through, that is exactly as it should be.

One by one

With the onset of the High Holy Days, however, perhaps a different shift is required. Perhaps we must devote more attention to our individual lives and not only to the condition of the Jewish people.

During the "*Unetaneh Tokef*" prayer of the High Holy Days we describe how every human being passes individually before God, each life counted and examined for the coming year.

When we appear before God as individuals, we must account for our private world as well as the historical world we inhabit and the national moment for which we bear responsibility.

Imagine being transported 200 years into the past. The circumstances of the Jewish people would be entirely different, and nearly all of the collective questions that currently occupy us would disappear.

Yet the personal questions would remain remarkably familiar: What kind of person am I? How do I treat others? What are my commitments? Where have I failed morally and religiously, and where must I improve?

The same would be true if we were transported 200 years into the future. The challenges facing the Jewish people may be completely different, but the fundamental questions of personal character, religious commitment, and moral behavior would remain.

Both responsibilities

This does not mean retreating from our collective responsibilities. The challenges facing Israel and the Jewish people remain urgent, and our concern for Jewish history cannot be suspended during Elul. Ki Tetze does not erase Shoftim but follows it. Collective responsibility remains essential, but it does not exempt us from confronting our private religious and moral lives.

Perhaps that is the particular challenge of this Elul. After years in which history has demanded so much of us as a people, we must once again ask what God demands of each of us as a person.

We stand before Him as members of a nation with a historic destiny, but also one by one, carrying private choices, relationships, failures, and possibilities for change.

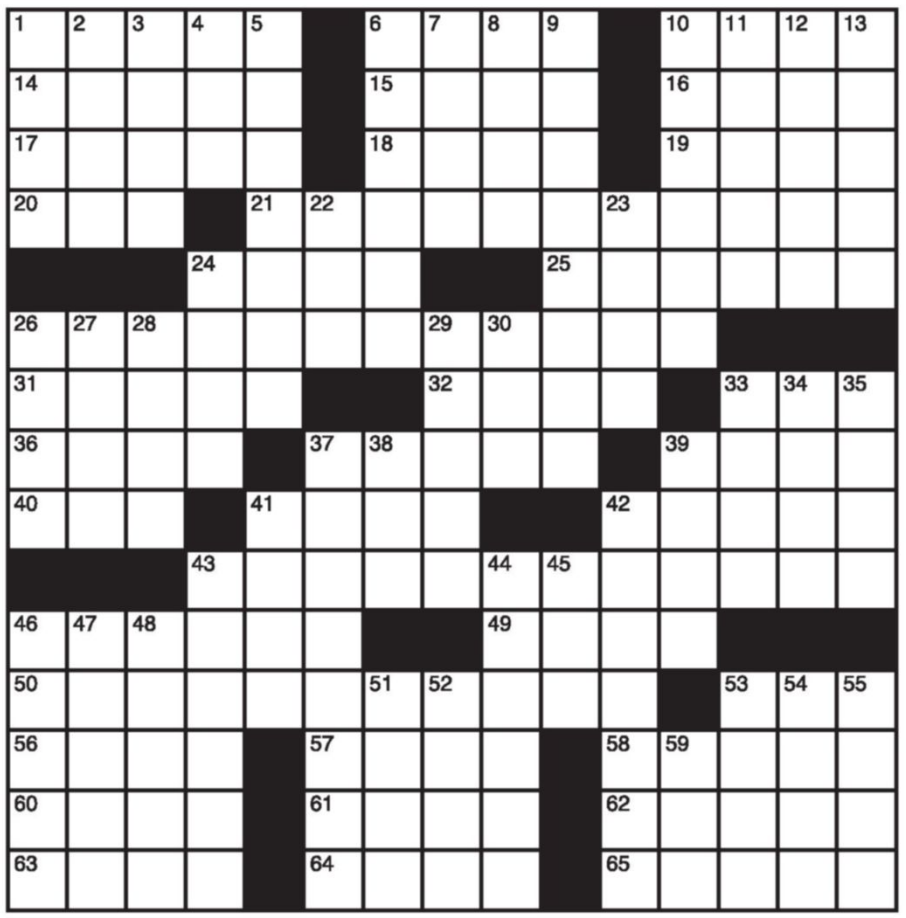
This Elul, even as we remain part of the larger Jewish continent, each of us must find that private island where we stand alone before God. ■

The writer is a rabbi and educator at Yeshivat Har Etzion (Gush). Find his latest book, Reclaiming Redemption, Vol. II: Faith, Identity, Peoplehood, and the Storms of War, *at mtaraginbooks.com.*

FRIDAY CROSSWORD

ACROSS
1 Graduate from a balance bike
6 "Zounds!"
10 "Not only that ... "
14 Sauce for chipotles
15 German automaker
16 Nana's daughter
17 Collar clip-on
18 Hard punch
19 Big name in morning TV
20 Get the gray out, say
21 "A bottle where the rapid decrease in pressure upon opening creates foam, please" request?
24 Caitlin Clark's home state
25 Topical antiseptic
26 "A light coffee, and do not drop it, please" request?
31 Small flower?
32 Raw minerals
33 "Nature" airer
36 Biblical name of ancient Syria
37 Wolverines and Badgers
39 Canada Goose garment
40 Inquire
41 Head of a museum?
42 Full of passion
43 "I'll take my potato as a pancake (but you'll probably bring fries)" request?
46 Future resident
49 Cringeworthy, in Gen Alpha slang
50 Strict enforcement of the rules for a civil society, or how to process the requests in 21-, 26-, and 43-Across?
53 Greek T
56 Tofu nutrient
57 Drama honor
58 Feature of some accents
60 Smoothie berry
61 Merino, e.g.
62 "Pale Blue Dot" subject
63 Top of many an indoor stadium
64 Trawling equipment
65 Clothe

DOWN
1 Took care of, say
2 Circular current
3 Shower with love, with "on"
4 Old hoops gp.
5 Daily record
6 Causes of some grade inflation
7 Beach party?
8 For two voices, in music
9 Archaeologists' workplaces
10 Mardi Gras event
11 Video game brother
12 Let out, as pigs
13 Try to decipher a stereogram, perhaps
22 Have
23 Auction units
24 Bullet point
26 Bracket org.
27 Messes up
28 Ineffective
29 Unwilling (to)
30 Branch
33 Ballad writer
34 Oak exterior
35 Ocular woe
37 __ service
38 Medium ability
39 "Ta-ta!"
41 Cutting comeback
42 Toyed (with)
43 "Stop being such a jerk!"
44 Singing in some Ricola ads
45 Shakira's "__ Wolf"
46 "Odyssey" prelude
47 Many a "Breaking Bad" figure
48 Clock-changing hr.
51 Cor anglais kin
52 Real hoot
53 Scale button
54 Tunneling pests
55 Cries of disgust
59 Tug-of-__

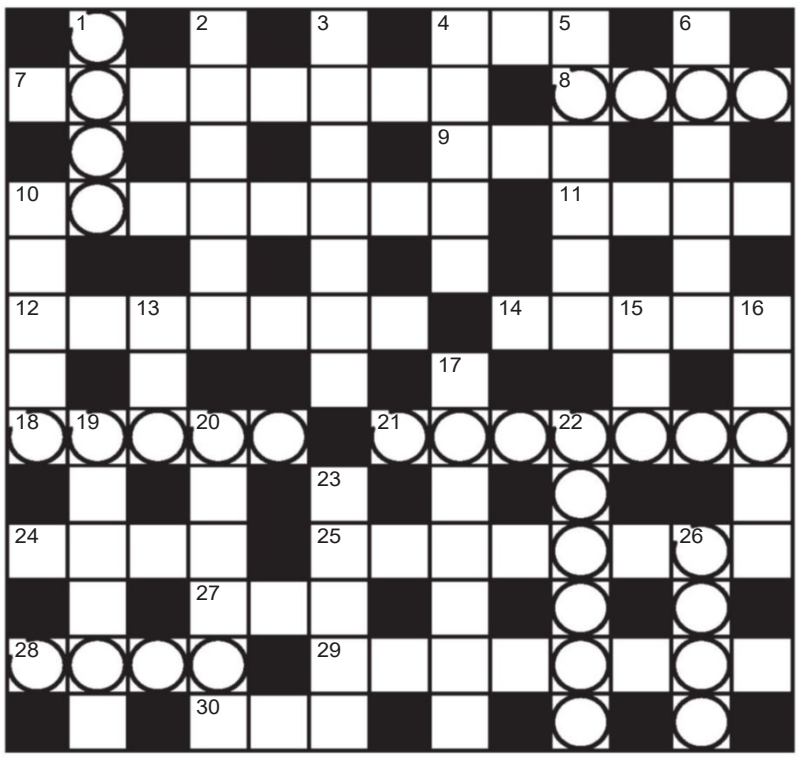


Solutions to both crosswords will appear in Sunday's paper.

QUICK CROSSWORD

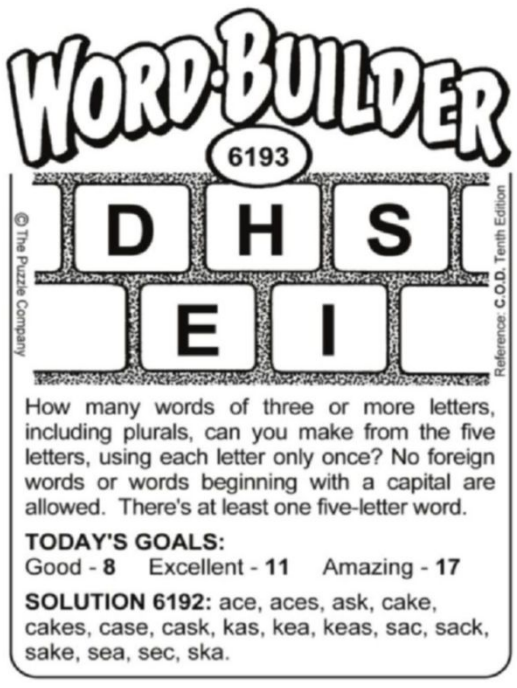
Across
4 Title boy in a Johnny Cash song (3)
7 Pathological thiamine deficiency (BRIBE IRE anagram) (8)
8 Honey partner when describing the Promised Land (4)
9 Gift of ___ (talented talker) (3)
10 The last think you taste Seder night (8)
11 Volcano outflow (4)
12 Factory stores (7)
14 Write additions/changes to (5)
18 Milk-producing plant (5)
21 Coward (7)
24 It may be helped by Rogaine (4)
25 ___ of court (you can get jailed for it) (8)
27 Country est. in 1948 (3)
28 Carnivore's fare (4)
29 Not really there (SOUR LILY anagram) (8)
30 Big fat mouth (3)

Down
1 Steakhouse serving (4)
2 Five-cent US coin (6)
3 Herman's ___ (7)
4 Stop and yield, e.g. (5)
5 Insignia, logo (Canada's maple leaf, for one) (6)
6 Seven-___ (convenience chain with Slurpees) (6)



10 Duck, dodge, evade (5)
13 Bi plus one; quad minus one (3)
15 "It's a mouse!!!" exclamation(3)
16 Sufgania, e.g. (5)
17 Common flexible US roofing tile (7)
19 Confounded, flabbergasted (6)
20 Highly unusual item or occurrence (I TARRY anagram) (6)
22 Feta, e.g. (6)
23 Unofficial currency (CRISP anagram) (5)
26 ___ barrel legislation (4)

WORDBUILDER


WORD BUILDER
6193
D H S
E I
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Reference: C.O.D. Tenth Edition
How many words of three or more letters, including plurals, can you make from the five letters, using each letter only once? No foreign words or words beginning with a capital are allowed. There's at least one five-letter word.
TODAY'S GOALS:
Good - 8 Excellent - 11 Amazing - 17
SOLUTION 6192: ace, aces, ask, cake, cakes, case, cask, kas, kea, keas, sac, sack, sake, sea, sec, ska.

CHESS ANSWERS

1 Qb6+ Ka4 2 Re8! and Black's queen has no safe square to stop Qb4 mate.

SUDOKU

VERY EASY

3					7			5
	6	4		8	3	9	7	
	9		4	1			3	
2	7					5		
	8	5				1	6	
		6					4	9
	4			5	2		1	
	5	1	7	3		2	9	
6			1					8

EASY

3		6	7		5	9		4
			6		8			
5								8
	7		8	4	1		6	
	1						3	
	4		9	7	3		8	
9								3
			3		2			
4		1	5		7	8		2

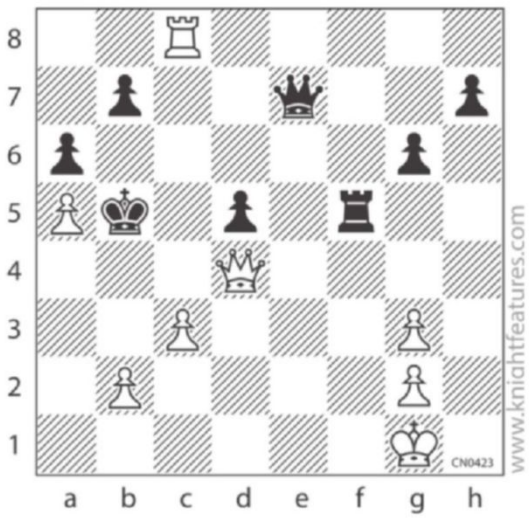
MEDIUM

	2		7		4	9		
9						7		5
6		3			8			
	8							
		5	4		1	8		
							4	
			3			5		8
3		2						4
		4	9		5		2	

HARD

	2							1
7				4	6		2	
	3			9		8		
				1		4		
		7	9		5	3		
		3		8				
		4		7			1	
	9		2	6				5
5							8	

CHESS By Leonard Barden



Igor Bondarevsky v Ken Lloyd, Hastings 1960-61. White looks in trouble in today's diagram, where Black threatens Qe1+ Kh2 Rh5+ winning the queen, but Bondarevsky had it worked out. What was White's winning play?

THURSDAY'S CROSSWORD SOLUTIONS

M	I	S	S	T	E	P	■	C	R	A	C	K	L	E
I	M	I	T	A	T	E	■	R	E	T	R	E	A	T
N	A	T	U	R	A	L	D	I	A	M	O	N	D	S
A	M	E	N	■	■	L	I	T	■	■	P	O	S	Y
■	■	■	■	S	H	E	R	I	F	F	■	■	■	■
■	R	O	C	K	E	T	S	C	I	E	N	C	E	■
R	E	P	A	Y	S	■	■	■	T	H	E	O	R	Y
D	E	E	R	■	■	F	D	A	■	■	T	R	I	O
A	L	C	O	H	O	L	I	C	D	R	I	N	K	S
■	■	■	B	O	N	E	T	I	R	E	D	■	■	■
H	E	H	■	M	E	A	■	D	E	L	■	A	P	T
I	R	A	T	E	■	B	A	T	■	I	N	N	E	R
J	A	W	B	R	E	A	K	E	R	C	A	N	D	Y
A	S	K	S	■	A	N	I	S	E	■	S	E	A	M
B	E	E	P	■	R	E	N	T	S	■	A	X	L	E

C	H	E	E	T	A	H	■	■	H	E	L	P	■	■
O	■	N	■	E	■	I	■	■	E	■	A	■	E	■
S	A	D	A	T	■	N	I	L	S	S	O	N	■	■
T	■	L	■	A	I	D	■	■	O	■	S	■	Z	■
S	T	E	R	N	■	E	N	T	R	O	P	Y	■	■
■	■	S	■	U	■	R	■	■	A	■	■	M	■	■
A	S	S	I	S	T	■	O	P	P	O	S	E	■	■
I	■	■	C	■	■	H	■	U	■	F	■	■	■	■
R	E	B	E	C	C	A	■	R	I	F	L	E	■	■
C	■	A	■	H	■	M	A	P	■	B	■	N	■	■
O	I	L	L	A	M	P	■	O	V	E	R	T	■	■
N	■	S	■	I	■	E	■	S	■	A	■	R	■	■
■	H	A	R	M	■	R	E	E	N	T	R	Y	■	■

5×5

5x5

Insert the missing letters to complete ten words - five across the grid and five down.

6153

A	C	T	O	R
D	R	I	V	E
M	A	L	E	S
I	N	E	R	T
T	E	S	T	S

PREVIOUS SOLUTION (other combinations may be possible)

G		S		Y
	L		H	
F		A		R
	A		E	
S		E		S

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Reference: Concise Oxford 10th Edition

LOTUS BISCUITS are tastier than the lotus flower, but not nearly as colorful. (Julian Alper, IG: @AlperJulian)

WHAT IS THIS? Modern art on asphalt or pride in the parking place? (Benjie Aziz)

The week in photos

• From readers

Send photos of what you saw or did this week to Jpostmagphotos@gmail.com with your name and where the picture was taken – plus your Instagram handle if you want to be tagged. Feel free to add additional related info about the photo and/or suggest a caption.

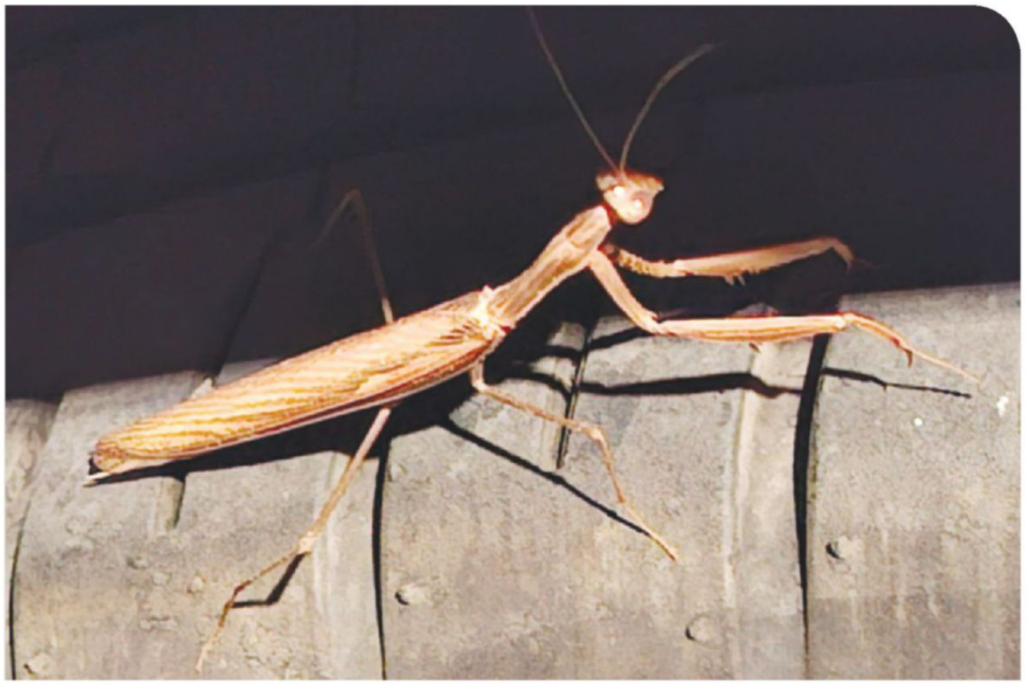
Be sure to check out these photos every week on our Instagram @thejpostmag

FELINE FUR is 'purrfectly' self-shedding, so instead of visiting an air conditioned barber shop on a hot day these creatures may as well take a ... catnap!
(Leah Yerushalmi)

TREE MONSTER begins eating Haifa, bite by bite... but reports say his bark is worse than his bite.
(Cathy Rozenman Tamari)

I HOPE this sparrow isn't in too much 'pane' from sitting on this glass. (Ruth Schueler)

THERE IS an expression that people hear news on the grapevine. This man seems to be taking that literally. (Tova Weinberg)



THIS MANTIS looks somewhat irritated. Maybe something is bugging him? (Ardie Geldman)

I'VE BEEN TRYING to think of a caption for this picture for awhile, but honestly, I'm stumped! (Alan Friedman)

NATURE'S WONDERS delight/ The sky, the flowers. What a sight/ The colors, the contrast/ The beauty so vast/ Here's hoping it will last and last. (Mina Stern)

IN HEBREW, this street is named Hatana'im (sages of the Mishna). In English it's Teenim (figs). Maybe the complete name is 'the Tana'im who ate figs.' (Piera Edelman)

Koren Sacks Rosh HaShana Maḥzor
Nusaḥ Sepharad

Koren Sacks Rosh HaShana Maḥzor
Nusaḥ Ashkenaz

Koren Sacks Yom Kippur Maḥzor
Nusaḥ Ashkenaz

Koren Seliḥot First Night

Koren Seliḥot Minhag Lita

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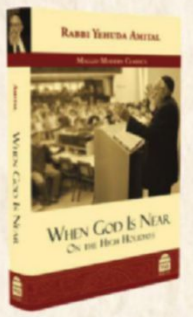
My First Tanakh Stories: Yona

Yearning to Return



When God is Near

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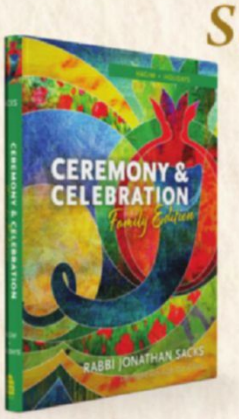
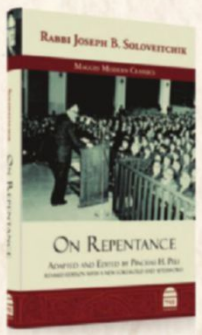


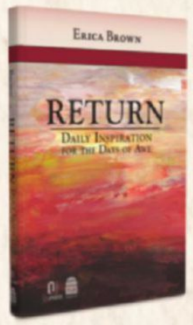
Ceremony & Celebration Family Edition

Sacred Time



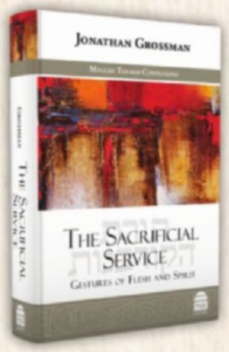
On Repentance

Mimini Mikhael



Return

The Koren Tanakh Graphic Novel Yona



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